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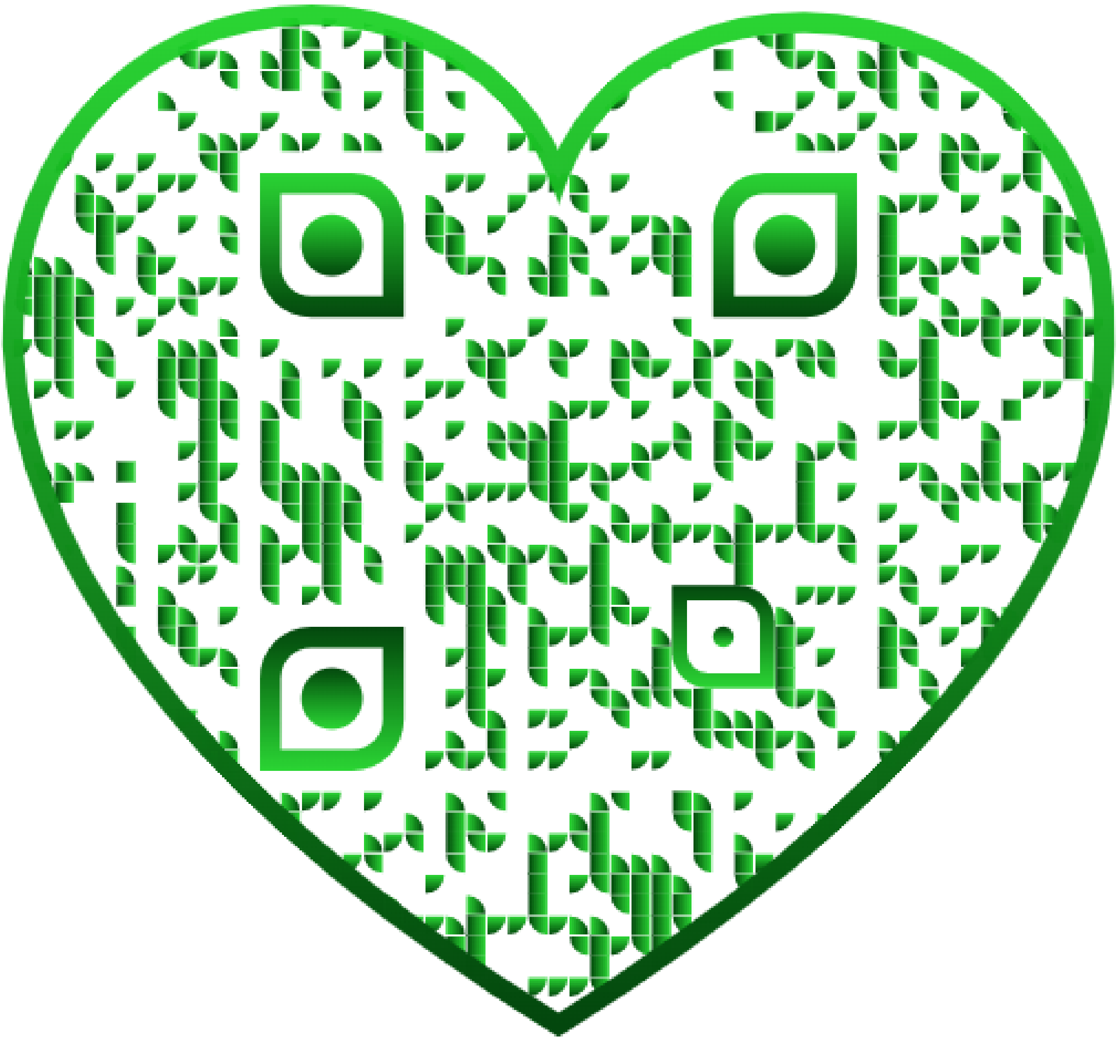
CHOOSE YOUR CENTERPIECE STYLE *p. 42*

NOVEMBER 2025 BHG.COM



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THE HOLIDAY DESTINATION TO MAKE YOUR SPIRITS BRIGHT

Cozy holiday mugs at **Hallmark.com**

Enter the very merry world of Hallmark, where all new Countdown to Christmas original movies and series premiere every weekend plus you can watch your favorite holiday classics 24/7. It's time to sink into the season (and your couch), so explore this year's star-studded lineup and discover how to extend the holiday cheer online and in-store.

Deck the halls with festiv décor, like this water globe and Hallmark Keepsake Ornament, available at **Hallmark.com and Hallmark Gold Crown Stores.**

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Getting in the holiday spirit has never been easier because you can stream all of your favorite Hallmark movies and series anytime you want on Hallmark+. The best part? New Countdown to Christmas premieres are available to stream **NEXT DAY!**

Scan the code with your phone or visit HallmarkPlus.com to start your free Hallmark+ trial today!

Countdown to Christmas

6
GRAND OLE OPRY

YOUR COUNTDOWN TO CHRISTMAS WATCH LIST

Don't miss new holiday hits premiering on Hallmark Channel all season long!

1. *Mistletoe Murders*

SERIES PREMIERE
FRIDAY, OCT. 17 AT 8/7C

Starring Sarah Drew and Peter Mooney
In this new series, a Christmas shop owner uses her unique talents from her secret past life to help solve murders.

2. *Finding Mr. Christmas*

SEASON PREMIERE
MONDAY, OCT. 27 AT 8/7C

Hosted by Jonathan Bennett
The hit competition series to find Hallmark's next big Christmas movie star returns for a new season.

3. *Baked with Love: Holiday*

SERIES PREMIERE
MONDAY, OCT. 27 AT 9/8C

Hosted by Tamera Mowry-Housley
Ten pairs of contestants share cherished holiday recipes and heartfelt stories in this all-new holiday baking competition show.

4. *Three Wisest Men*

PREMIERES
SATURDAY, NOV. 15 AT 8/7C

Starring Paul Campbell, Tyler Hynes, and Andrew Walker
Facing holiday mishaps and emotional growing pains, the Brenner brothers come together again to make this Christmas their best yet.

5. *Holiday Touchdown: A Bills Love Story*

PREMIERES
SATURDAY, NOV. 22 AT 8/7C

Starring Holland Roden, Matthew Daddario, and Joe Pantoliano
Childhood friends and devoted Buffalo Bills fans Morgan and Gabe set out to solve a decades-old 'Secret Santa' mystery.

6. *A Grand Ole Opry Christmas*

PREMIERES
SATURDAY, NOV. 29 AT 8/7C

Starring Nikki DeLoach and Kristoffer Polaha
When Gentry returns to the iconic Grand Ole Opry, a magical twist of fate sends her back in time to discover love and hope.

7. *She's Making a List*

PREMIERES
SATURDAY, DEC. 6 AT 8/7C

Starring Lacey Chabert and Andrew Walker
A Christmas auditor quits her job to revamp Santa's 'Naughty or Nice' list and embrace love, compassion, and a new beginning.

Hallmark CHANNEL Countdown to Christmas Hallmark+

SECRETS TO FINDING A

Hidden Real Estate Gem.

It's often said the three rules of real estate are "location, location, and location." But what makes a great location truly great? And how does location impact price and future value?

The most recent survey conducted by the National Association of REALTORS®[1] shows that walkability to essential places like schools, stores, and restaurants is a leading factor in determining an area's long-term home values.

So if you want a home that's more likely to appreciate over time, you'll want an agent with knowledge of the local hotspots and access to the leading cost analysis tools that can help steer you towards properties offering true value-for-dollar.

Better Homes & Gardens® Real Estate affiliated agents know their communities like the backs of their hands and they are equipped with a highly advanced technology suite that can help analyze price trends between neighborhoods and across the broader market.

They also have exclusive access to Trendmaker Accreditation courses led by the design gurus of the world-famous BHG® magazine. These special courses help BHGRE® affiliated agents see the potential (and the potential value) in properties that others might overlook.

You'll find more tips on the next page, but long story short, the surest way you can help yourself find a gem of a home is to find a gem of an agent at BHGRE.com.

Better Homes and Gardens
REAL ESTATE
Nobody Knows Homes Better.™

Tips for finding a gem of a home.

① How's the walkability?

Homes within walking distance of restaurants, schools, and recreation sell for 34% higher than those in more car-dependent areas.[2] If you're looking for a home that can grow its value in the long run, start by looking at homes that are a short walk to places people need and love.

② Think small.

Appreciation tends to come from lot-value rather than the house sitting on it. A small fixer-upper on a good-sized lot in a desirable neighborhood may help you secure the price you need today while having the maximum potential for the future.

③ Consider one zip code over.

If you're priced out of your dream neighborhood, consider instead a highly walkable home in an adjacent community that's on the up and up. Currently desirable areas often make nearby areas more desirable over time.

④ Plan for fix-up costs.

Before purchasing a fixer-upper, have a clear idea behind the cost of renovations and what it might mean for your return on your investment. An excellent agent can help you determine which renovations are worth the effort and expense.

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[1] Source: NAR 2023 Community and Transportation Preferences Survey | [2] Source: Smart Growth America, Foot Traffic AHEAD 2023 |

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A renovation brings out the best in an Atlanta kitchen now ready to handle all the holiday cooking and entertaining.

PHOTO: KELSEY HANSEN

ON THE COVER *photo* CARSON DOWNING *produced by* JOSEPH WANEK

We love our eggs any style...
as long as they're the best.

**Sunday brunches are the best of times.
Which is why ordinary eggs just don't measure up.**

Eggland's Best eggs have more of the delicious, farm-fresh, taste we love–for any meal or any time of day.

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PHOTOS: (KITCHEN) JEFF HERR, (GALLERY WALL) PATRICK BILLER, (PLATES, FRENCH TOAST) CARSON DOWNING. FOR SERVICE ON YOUR SUBSCRIPTION, INCLUDING CHANGE OF ADDRESS, WRITE TO: BETTER HOMES & GARDENS CUSTOMER SERVICE, P.O. BOX 37449, BOONE, IA 50037-0449. PLEASE ENCLOSE YOUR ADDRESS LABEL FROM A RECENT ISSUE. OR VISIT US AT *BHG.COM/MYACCOUNT*.

Zero Sugar Vanilla Protein Shake

Add 2 Tbsp. Torani Zero Calorie French Vanilla Beverage Sauce, 1 scoop sugar free vanilla protein powder, 1 cup milk, 1 banana, and ice to a blender. Blend until smooth and pour into a tall glass.

Zero Sugar Vanilla Cold Brew with Cold Foam

Add 1 Tbsp. Torani Zero Calorie French Vanilla Beverage Sauce, 1 cup cold brew, ¼ cup milk of choice, and ice to a glass. In a separate container, whisk together another Tbsp. Torani Zero Calorie French Vanilla Sauce and ¼ cup heavy whipping cream. Once frothed into a cold foam, pour over your cold brew.

Zero Sugar Vanilla Chai

Add 2 Tbsp. Torani Zero Calorie French Vanilla Beverage Sauce, ¾ cup unsweetened brewed chai tea, and ¼ cup your milk of choice to a glass with ice.

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Whisk together 1 tsp. high quality matcha with 4 Tbsp. of warm water. Once combined, add to a glass with ¾ cup of your milk of choice, 1 Tbsp. Torani Sugar Free Strawberry Syrup, and ice. In a separate container, whisk together 1 Tbsp. Torani Zero Calorie French Vanilla Beverage Sauce and ¼ cup heavy whipping cream. Once frothed into a cold foam, pour over your matcha.

Sugar Free French Vanilla Espresso Fauxtini

Add 2 Tbsp. Torani Zero Calorie French Vanilla Beverage Sauce, 2 shots espresso, 1 Tbsp. non-alcoholic coffee liqueur (optional), 1 Tbsp. milk of choice, ½ tbp. cocoa powder and ice to a shaker. Shake until frosted and strain into a coupe glass, garnishing with coffee beans.

Zero Sugar Dirty Cream Soda

Over ice, add 2 Tbsp. Torani Zero Calorie French Vanilla Beverage Sauce, ½ cup of your diet cola of choice, ¼ coconut milk or half-and-half, and a squeeze of fresh lime.

Mixes Well

Torani Zero Calorie Sauces are crafted to bring out the best in your drink so you can make something deliciously original without the guilt. Also available in Caramel & Chocolate.

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It's Not Thanksgiving Without…

I like to joke that my family really only celebrates holidays of any kind for the food. Until they moved away, we used to spend most Easters and Thanksgivings with wonderful friends who are like family and are also excellent cooks. I remember the first time they hosted us for a semi-potluck-style Thanksgiving. Aside from noting that they'd handle the turkey and a couple of other staples, their only instructions were to bring any dishes that we couldn't live without on the buffet. What a perfect way to handle a gathering for a holiday that often inspires very strong attachments to particular dishes—for reasons both flavor-based and nostalgia-driven. If I remember right, pan-seared Brussels sprouts with lemon zest and my brother's red wine and orange cranberry sauce were at the top of my list. Because we all have them, I asked the staff to share their Thanksgiving must-haves here for fun. I hope your table overflows with the people and flavors you love.

Oma

OMA BLAISE FORD,
Senior Executive Editor

"We have to have my mom's scalloped corn casserole. It's been a staple from as far back as I can remember, and it was my favorite dish on the Thanksgiving table as a kid. My grandma would use saltines as her secret ingredient, then my mom upgraded to Ritz. It fills a 2-qt. casserole dish to the brim, and it's loaded with canned corn, milk, eggs, crackers, and shredded cheese—and requires a careful walk to the oven so none of it sloshes onto the floor."

—STEPHANIE HUNTER,
design director

"My family's must-have is my Grandma Lee's cheesy vegetables. The veggies are always a head of steamed cauliflower, baby carrots, and broccoli florets. The cheesy sauce is literally cream of mushroom soup and Cheez Whiz—a classic combo most likely from the 1960s."

—MAGGIE GOLDSMITH,
associate art director

"In my family, Thanksgiving dinner (or any major holiday gathering) has to have marshmallow salad. The recipe originated with my Great-Aunt Nelly and really should be considered a dessert instead of a side dish, but you won't catch me complaining! It's similar to ambrosia salad, but hold the coconut and add dark sweet cherries. And of course, the star of the show is the mix of fruit-flavored multicolor marshmallows."

—EMILY WILLIAMS,
senior editor, home

"My dearly departed Grandma Naomi's sour cream-and-raisin pie is THE WEIRDEST combination, but it's surprisingly good (and extra special because she only made it at Thanksgiving). Plumped raisins swirl in a caramel-like filling made of sour cream, sugar, eggs, and nutmeg. It all goes into a pastry crust and gets a browned meringue topping (which I normally don't love). See, weird, but so good—and even better on Black Friday after a night in the fridge."

—AMY PANOS,
senior deputy editor, home

"Grandma Scott's homemade corn bread dressing is always on our spread. It's from my mom's side of the family. My mom started making it for church holiday functions back in the '70s, and it became a staple that was always requested. I learned how to make it in my 20s, and now my adult children also serve it at their holiday meals."

—HOLLY PRUETT,
senior editorial operations manager

> "Each Thanksgiving, my cousins and I get into a friendly brawl over who gets to take home the leftover strawberry jam my Grandma Tillie makes. It's a roll's best friend and a must-have on our table."
>
> —JENAVIEVE CHRISTENSEN, *editorial apprentice*

PHOTO: CARSON DOWNING; HAIR STYLIST: BAILEY STONE; MAKEUP: IVY BOYD; ILLUSTRATIONS: (PANOS) JESSICA DURRANT, (ALL OTHERS) LAMONT O'NEAL

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I Tried It

Taste-Tested

We cooked and tasted these celebrity recipes that are perfect for your next dinner party or holiday meal. Get our Test Kitchen's helpful tips for re-creating these popular dishes at home this hosting season.

INA GARTEN
BHG.com/ChickenMarbella

REE DRUMMOND
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DREW BARRYMORE
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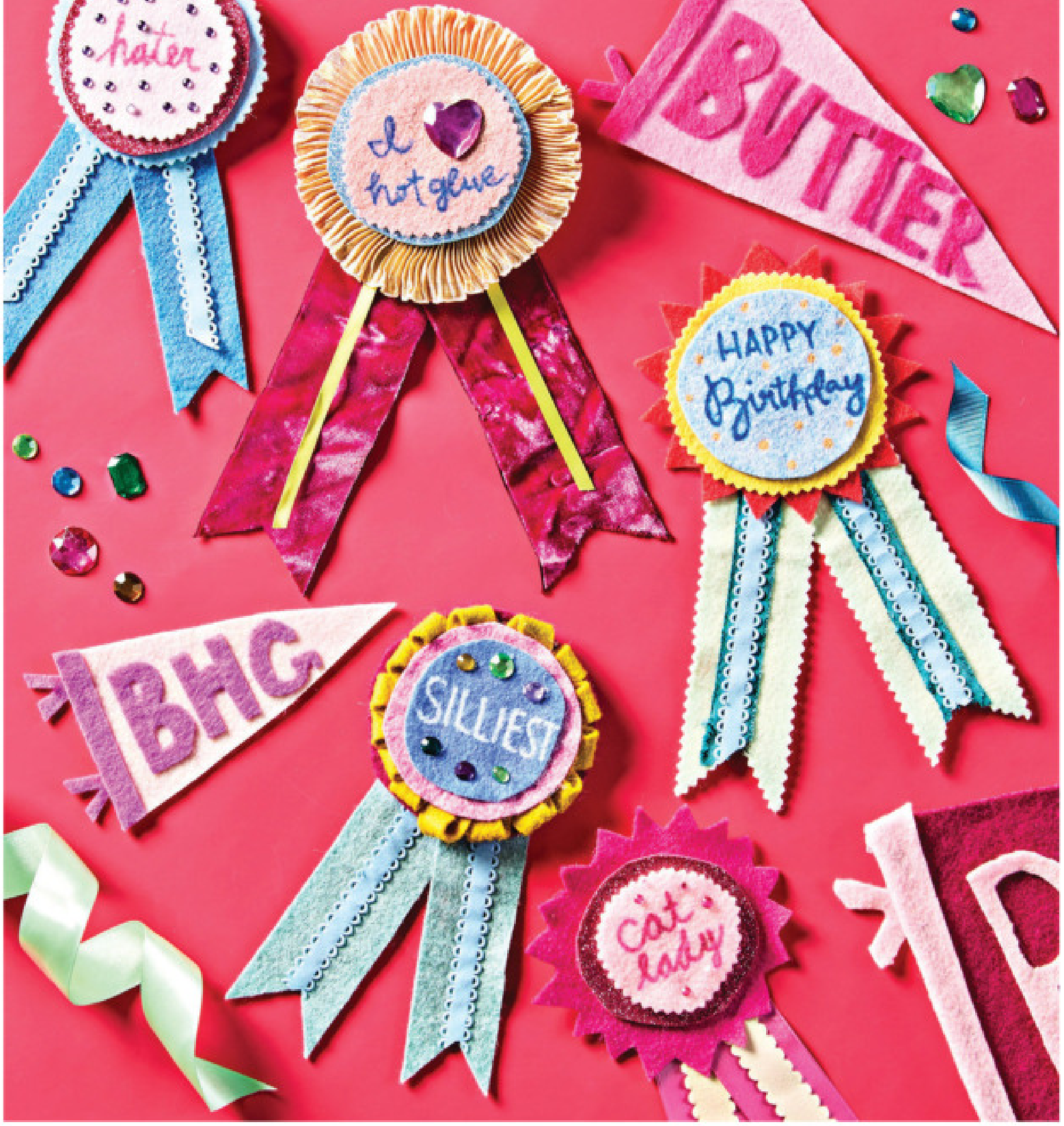

On Trend

Let's Get Crafty

Grab your supplies, pull up a chair, and follow along for BHG's first-ever Craft Club. Before the whirlwind of entertaining sweeps us up this holiday season, we're getting a jump start on our gifts—and DIYing them too. Check out our giftable projects and look for past crafts like bag charms and felt pennants and ribbons.

Scan the code to start crafting today.

Feels Like Home

Win $25K

You could win $25,000 to add all the warm and fuzzy touches to your house! Details on *page 92*. Enter at ***BHG.com/FeelsLikeHome***

Winter Is COMING

Autumn is the time to start thinking about houseguests and hosting, but don't forget about your home itself. Our fall maintenance checklist will ensure your gutters, fireplace, carpets, and much more are winter ready.
BHG.com/WinterChecklist

Get Social with Us

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PHOTOS: (CRAFT) JACOB FOX, PROP STYLING: NATALIE GHAZALI; (GARTEN) ROB KIM/GETTY IMAGES; (DRUMMOND, BARRYMORE) NBC/NBC UNIVERSAL BY GETTY IMAGES; (ROGERS) FOTOS INTERNATIONAL/ARCHIVE PHOTOS BY GETTY IMAGES; ILLUSTRATION: SV-TIME/ISTOCK BY GETTY IMAGES

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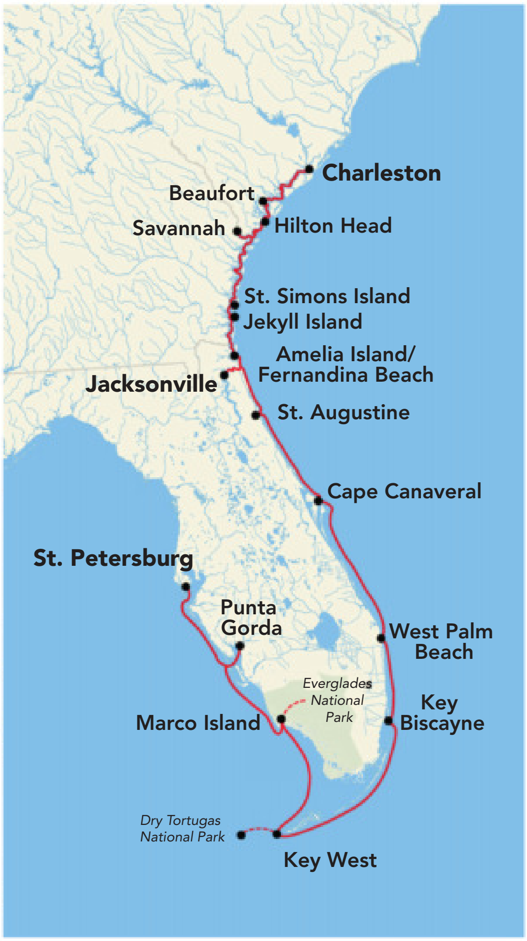
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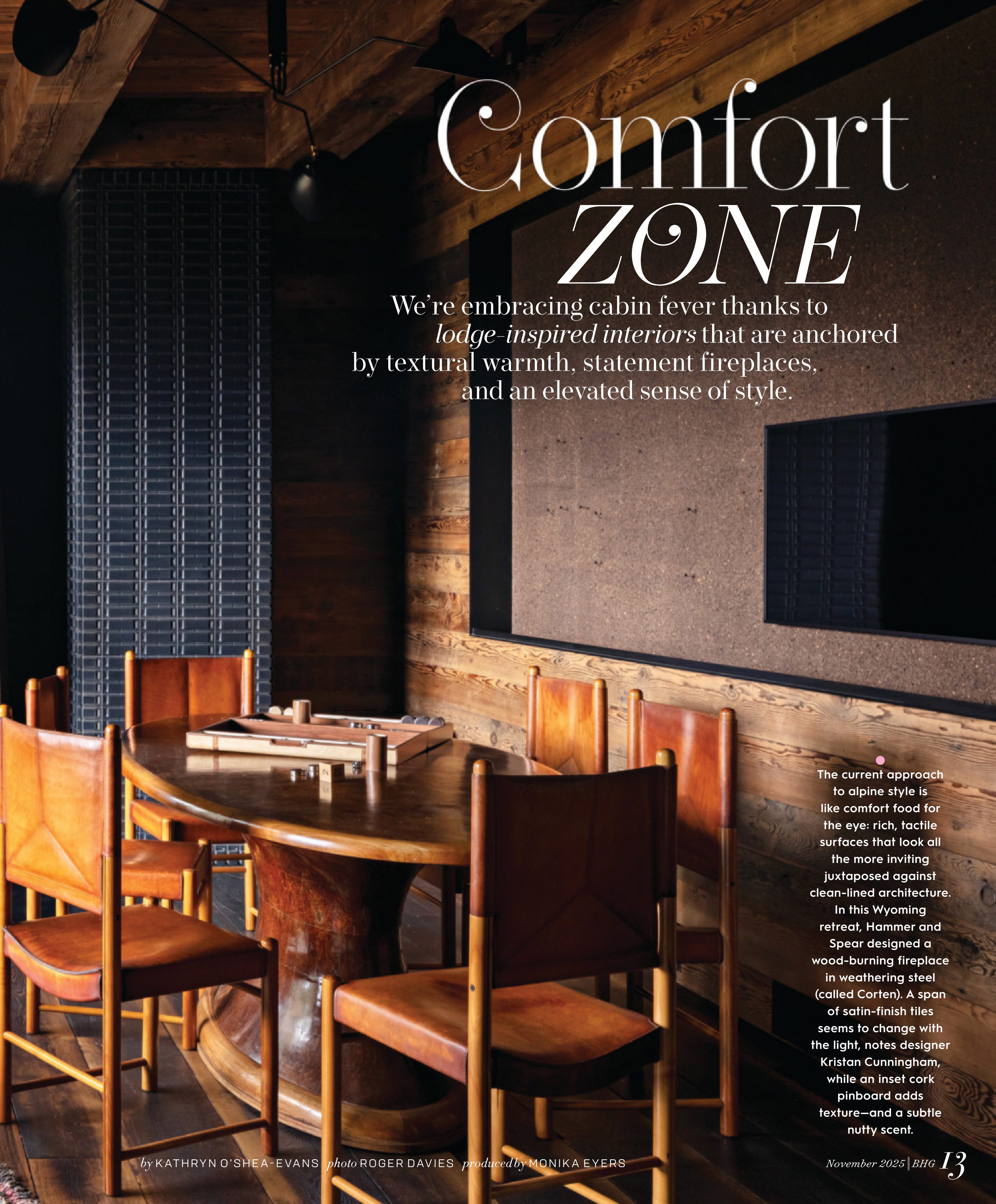
Dream

Inspiration of the month



Comfort ZONE

We're embracing cabin fever thanks to *lodge-inspired interiors* that are anchored by textural warmth, statement fireplaces, and an elevated sense of style.

The current approach to alpine style is like comfort food for the eye: rich, tactile surfaces that look all the more inviting juxtaposed against clean-lined architecture. In this Wyoming retreat, Hammer and Spear designed a wood-burning fireplace in weathering steel (called Corten). A span of satin-finish tiles seems to change with the light, notes designer Kristan Cunningham, while an inset cork pinboard adds texture—and a subtle nutty scent.

by KATHRYN O'SHEA-EVANS *photo* ROGER DAVIES *produced by* MONIKA EYERS

Walls are made from charred wood, treated in a Japanese process called shou sugi ban.

A wood-burning stove adds natural warmth and fragrance to a room.

1 GO DARK

Like a picture frame, inky backdrops put the focus on the calming nature scene beyond the windows in this Berkshires bedroom, *left*. "When you use darker colors in the interiors, it really brings your eye to the outside," says the designer, Alina Wolhardt of Wolf in Sheep Design. The tile behind the fireplace Cunningham selected, *previous page,* is similarly weighty, as are the room's black window frames, allowing the scenery to command attention.

2 LAYER EARTHY NOTES

Unified surfaces in natural materials, like the linen bedding atop a nubby wool rug, *top left,* create a relaxed atmosphere that feels like vacation. In shades of brown, the bed "does a really nice job being the backdrop and not the centerpiece," Wolhardt says. In Upstate New York, a ceiling in reclaimed oak sets the tone for a cohesive creamy color palette, *bottom left*. Design firm Ward + Gray chose a similar buttery hue for the central fireplace and applied soft linen upholstery to the walls—all of which create a lighter take on the lodge aesthetic.

3 FALL FOR FLAWS

Worn finishes suit the countryside setting and add to the room's laid-back feel, *left*. "The rug is a hand-knotted wool that's made to look distressed over time, and the chairs are vintage," says designer Staver Gray of the patinaed choices. Cunningham selected similarly weathered pieces, *previous page,* including an aged leather sofa, an ottoman covered in an antique kilim, and reclaimed wood that now sheathes the exposed beam ceiling. "There's nothing new in that space unless it was fabricated to look old," she says. ■

Need to Know

Stoves 101

Dreaming of the cozy comfort of a wood-burning stove? While the installation alone can run anywhere from $1,500 to $4,000, *angi.com* estimates, the cost can be well worth it for the toasty ambience. Here's what to know:

CHECK YOUR BOXES
Many municipalities require permits, inspections, and that your stove be EPA-certified to meet emission standards, so research your local building codes.

PLAN FOR VENTILATION
A woodstove needs a properly sized flue or chimney to vent smoke safely (typically 6" to 8" in diameter) and keep your indoor air healthier. Find licensed professionals through organizations such as the National Chimney Sweep Guild *(ncsg.org).*

FIREPROOF THE FOOTING
Stoves must sit on a noncombustible base like stone, tile, or steel to meet safety codes and prevent damage.

MIND THE GAP
Follow manufacturer guidelines and respect clearances (often 36") between the stove and anything flammable, such as furniture and walls.

PHOTOS: READ McKENDREE

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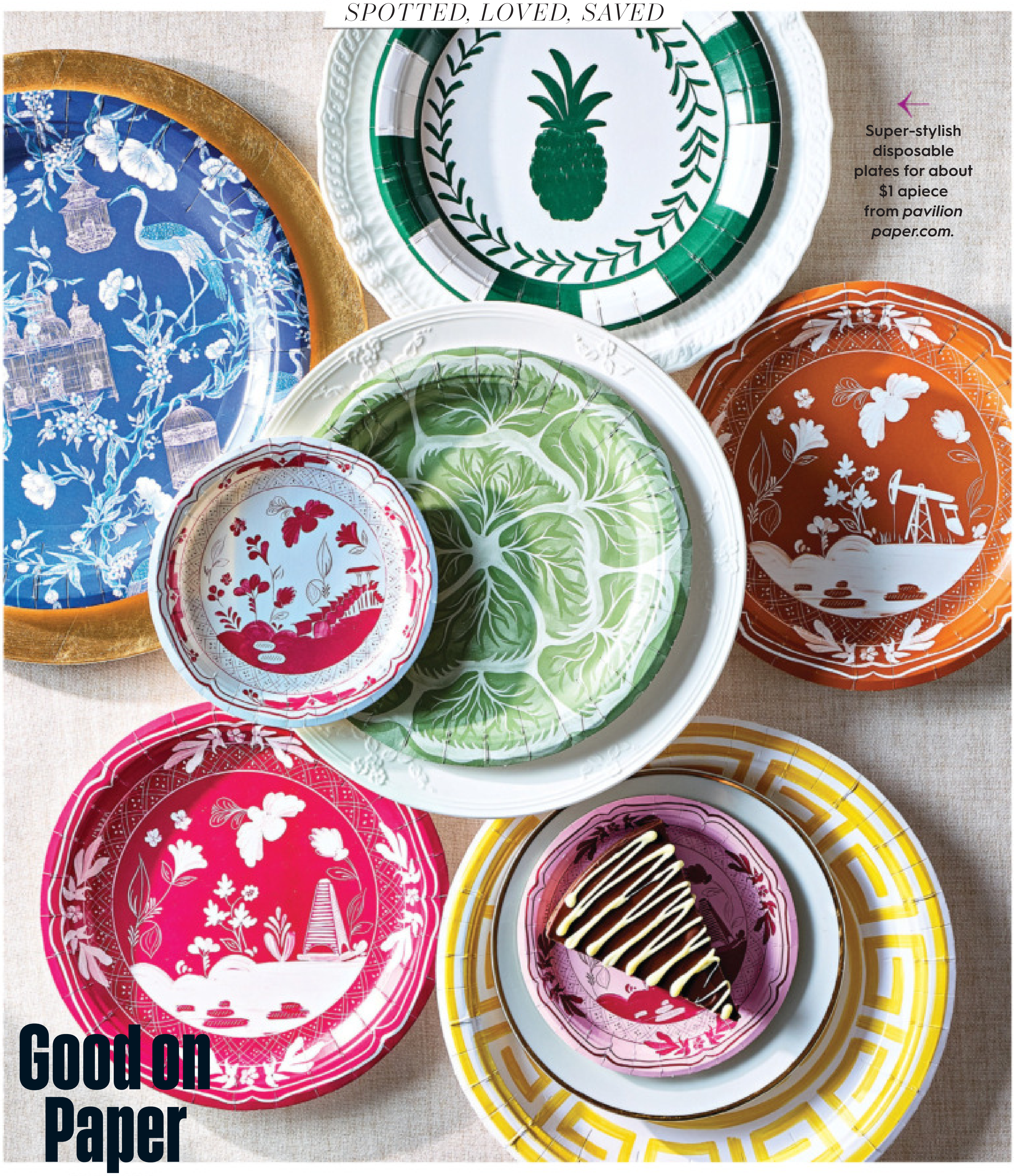

Super-stylish disposable plates for about $1 apiece from *pavilion paper.com.*

Good on Paper

Disposables so chic you'll feel no shame about using them, even for a special occasion.

The joy of setting a beautiful table and the convenience of throwaway dishes are no longer mutually exclusive thanks to Pavilion, a design-forward paper plate company dreamed up by a pair of grad school classmates. With 18 patterns in dinner, dessert, and mini sizes, these plates make your holiday table distinctive, sans the postfeast cleanup marathon. ■

by LAUREN BENGTSON *photo* CARSON DOWNING

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Five-Star ROOM Scents

Along with impeccable lighting and furniture, there's a potent quality all great hotels seem to share: They smell amazing. Happily, many properties now sell their signature room scents, allowing you to evoke a luxury hotel at home just in time for hosting season.

The Maker Hotel has crafted an entire collection of room scents and perfumes inspired by the property.

THE MAKER HOTEL
Hudson, NY
This hotel's signature Spiritus candle has a rich woodsy-spicy aroma perfect for winter. $55; *themaker.com*

BLACKBERRY FARM
Walland, TN
From a famously idyllic property, this diffuser set includes a light lavender-infused scent and clay holder. $60; *blackberryfarmshop.com*

THE PLAZA
New York City
Just a spritz of the iconic hotel's gardenia fragrance is transporting. $35; *theplazanystore.com*

HOTEL LOBBY

HOTEL JEROME
Aspen, CO
Cedarwood and pine, plus a hint of smokiness, call to mind a cozy mountain getaway. $58; *hotellobbycandle.com* ■

BY: MIRANDA CROWELL; PHOTO: FRANCINE ZASLOW

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Editor's Picks

Advent Calendars

Thank a generous host or cross a few names off your holiday list with a festive gift that keeps on giving.

SEE'S CANDIES
A tasty candy countdown in a keepsake box filled with over 1 pound of premium, individually wrapped See's candies. $80; *sees.com*

PAPIER STATIONERY
An elevated collection of luxury stationery and accessories that sets a stylish stage for more handwritten notes in the year to come. $175; *papier.com*

BIBLIOPHILE
ADVENT CALENDAR for BOOKLOVERS

BIBLIOPHILE FOR BOOKLOVERS
A little library of 24 mini illustrated books with a question or trivia for each day, plus a journal for noting the year in books. $45; *chroniclebooks.com*

Bonne Maman
ADVENT CALENDAR
2025 EDITION

BONNE MAMAN SPREADS
This cult classic includes 24 limited-edition mini spreads like Caramel and Coffee and Pear and Mandarin with Cinnamon. $55; *bonnemaman.us*

TEA FORTE DEMOISELLE TEAS
In collaboration with the New York Botanical Garden: 12 kosher-certified teas including green, black, and herbal blends. $40; *teaforte.com*

IN GOOD TASTE WINES
We ordered their Dozen Rosés box for Mother's Day, and we loved it so much we're preordering the Advent calendar too. This box includes 24 mini bottles (187 ml) of premium red, white, and rosé wines sourced from France, Chile, Argentina, Australia, and California. $150; *ingoodtaste.com*

ANTHROPOLOGIE BEAUTY
A limited-edition beauty box packed with 24 days of mini must-haves like skincare, fragrance, makeup, and more. $98; *anthropologie.com* ■

PHOTO: (BEAUTY BOX) KELSEY HANSEN

by LAUREN BENGTSON

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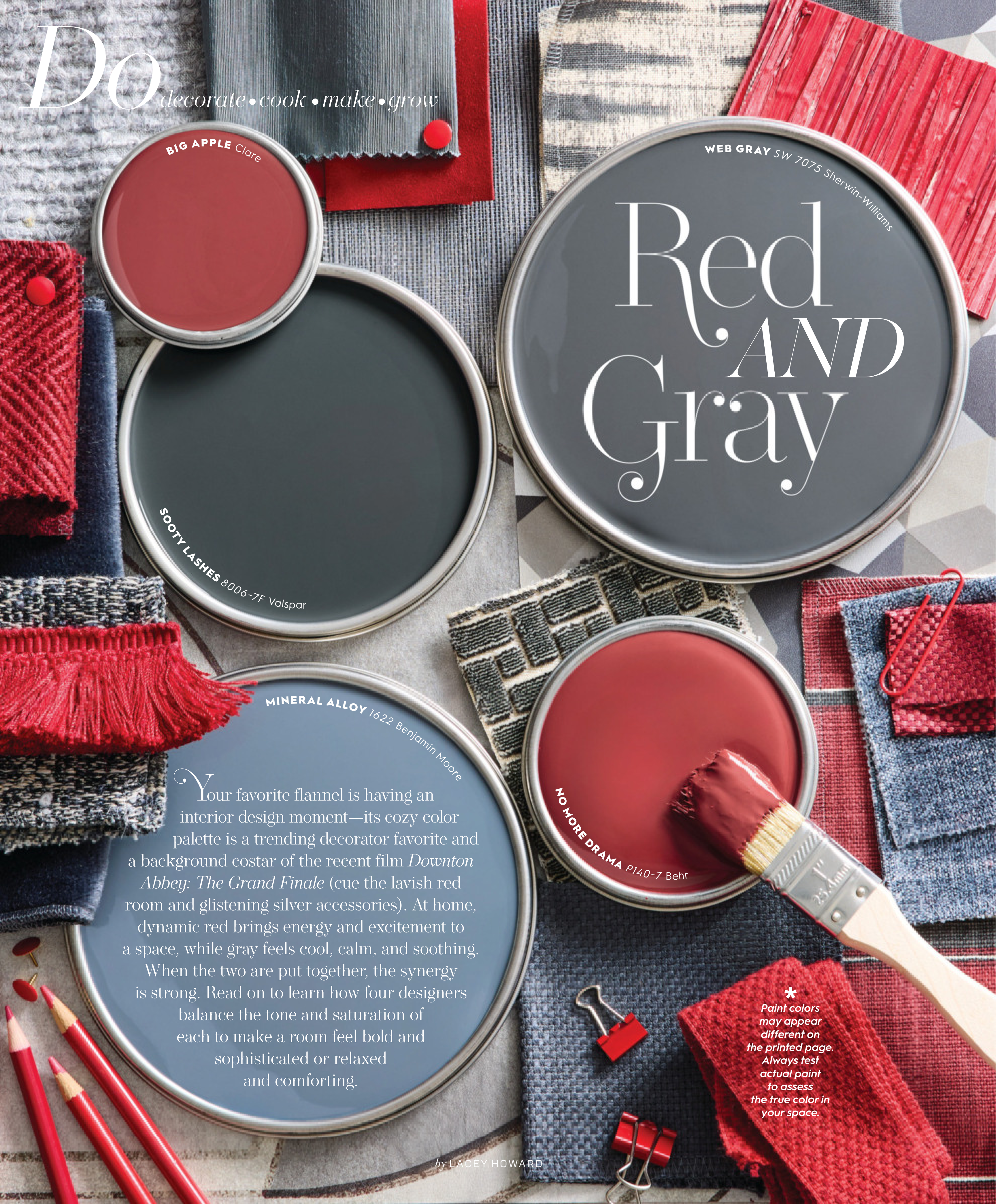


Red AND Gray

Your favorite flannel is having an interior design moment—its cozy color palette is a trending decorator favorite and a background costar of the recent film *Downton Abbey: The Grand Finale* (cue the lavish red room and glistening silver accessories). At home, dynamic red brings energy and excitement to a space, while gray feels cool, calm, and soothing. When the two are put together, the synergy is strong. Read on to learn how four designers balance the tone and saturation of each to make a room feel bold and sophisticated or relaxed and comforting.

by LACEY HOWARD

BIG APPLE Clare

WEB GRAY SW 7075 Sherwin-Williams

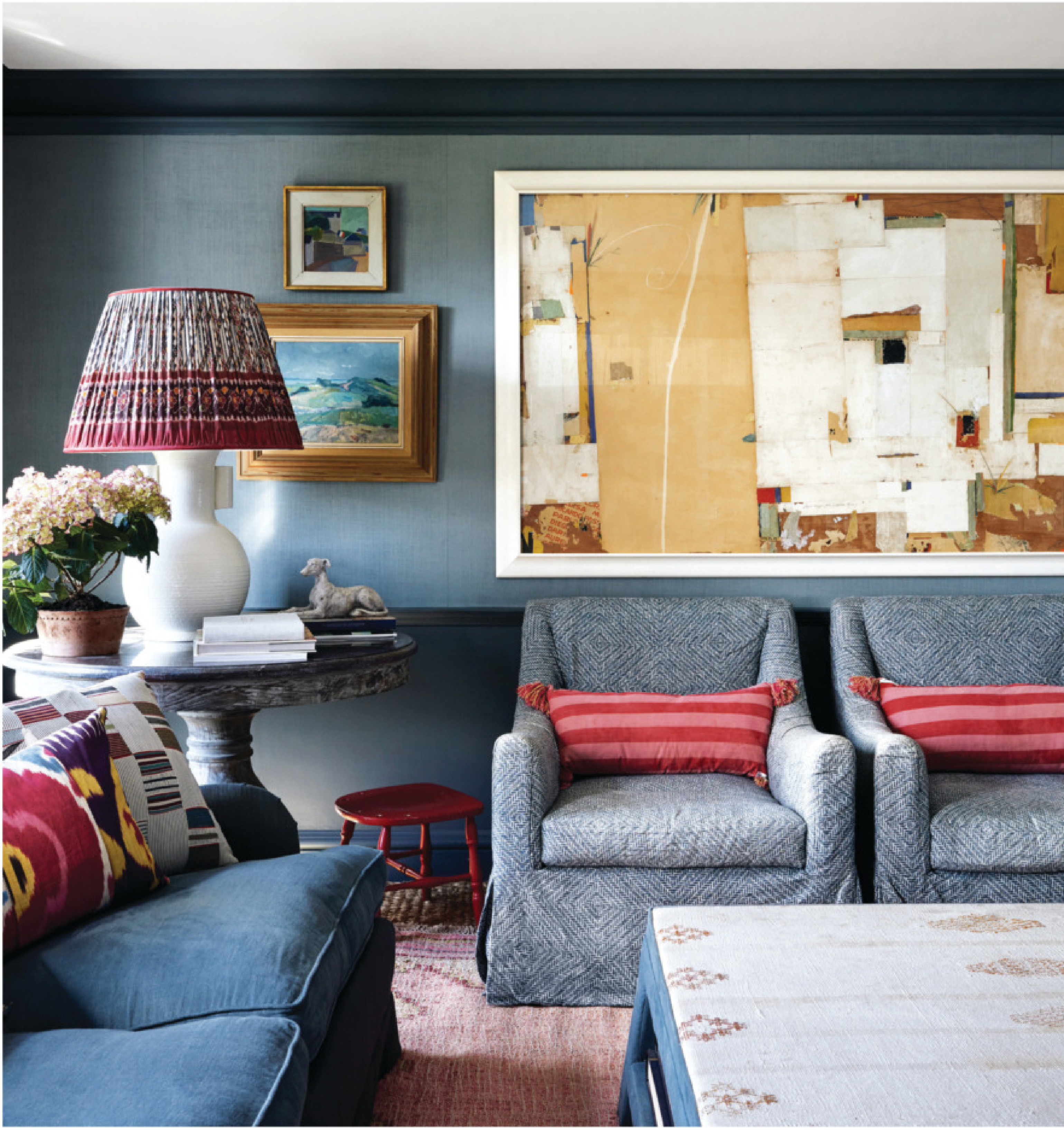
SOOTY LASHES 8006-7F Valspar

MINERAL ALLOY 1622 Benjamin Moore

NO MORE DRAMA P140-7 Behr

*
Paint colors may appear different on the printed page. Always test actual paint to assess the true color in your space.

PHOTOS: (PAINT LIDS) JACOB FOX, STYLING: JESSICA THOMAS; (FAMILY ROOM) LUCAS ALLEN; PRODUCED BY: MONIKA EYERS

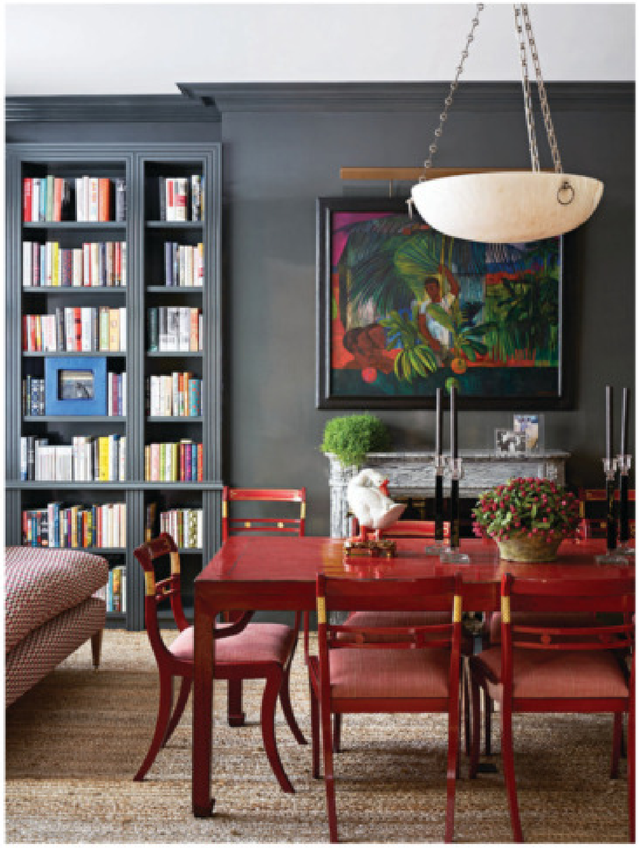


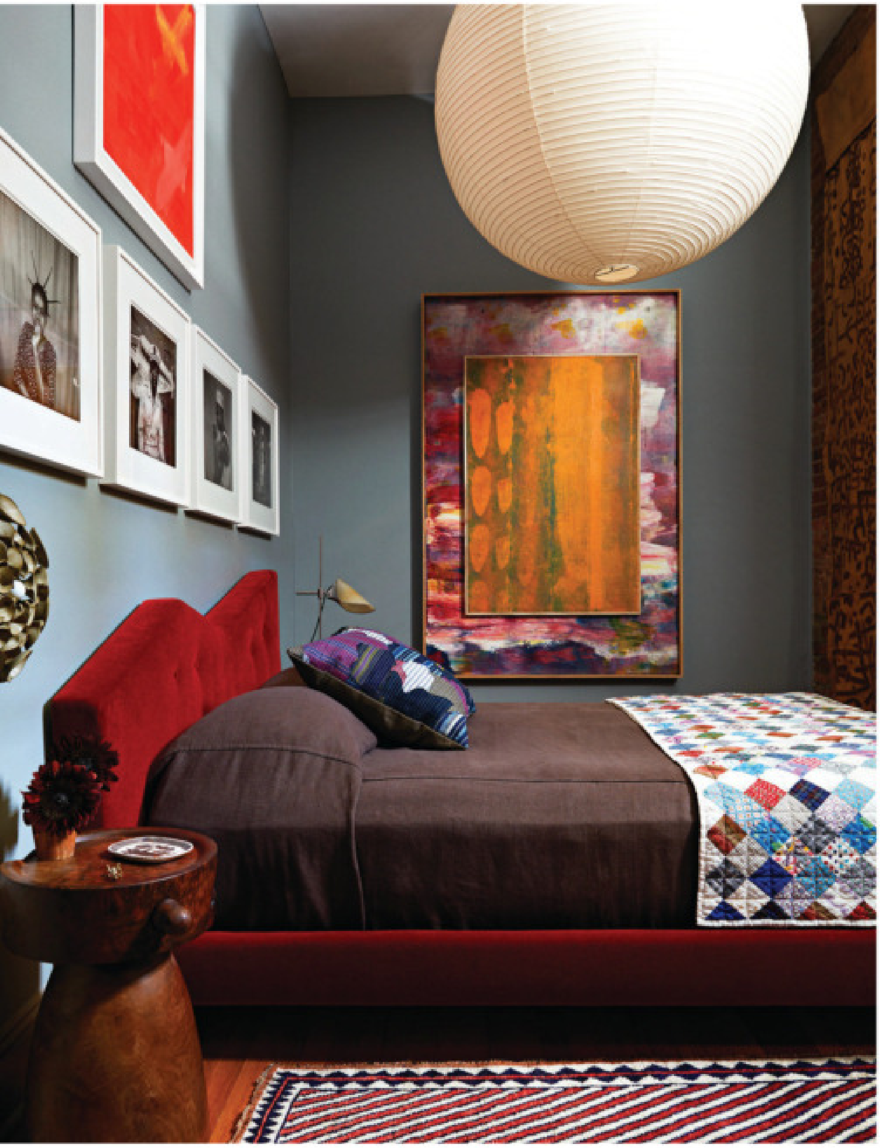
MASTER MIDTONES

The mood in this family room is "cozy, slouchy, inviting," says designer Emma Pocock of Turner Pocock. That feeling begins with walls and furnishings in quiet tones of blue-gray that blend or contrast depending on the light—it reflects differently off the upholstery, wallpaper, and painted surfaces (Paint & Paper Library Squid Ink on wainscoting and trim). Red and pink accessories then "lend depth to the scheme with layers of patterns," Pocock says, noting that the room's success lies in balancing the dark backdrop with bursts of vibrancy.

Dark and Moody

A saturated color palette works best when its hues are similar in richness and tone. "Gray is theoretically a neutral color, but it rarely is actually neutral," says designer Ryan Lawson. He suggests asking yourself: "Does the gray lean cool and blue? Or is it warm and brown?" Then, he notes, remember that reds can also have warmer orange or cooler purple undertones.





CREATE A COCOON

For Lawson, the pairing of deep red and gray (walls custom-painted Destin by Ressource) is dynamic yet restorative, making it an ideal environment for a restful night's sleep. Rounding out the palette: a brown bed cover and wood table ground the space; orange in the artwork and rug activate it while adding warmth. "If you choose a strong paint color or a bold fabric to start, the rest of the parts of the room need to hold their own," he says. A paper lantern adds visual levity.

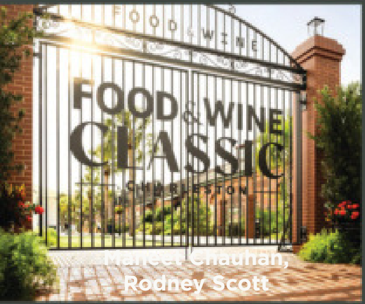
FIND BALANCE

The key to this rich dining room is keeping colors in the same tonal range, with the dining set and wall color (Paint & Paper Library Paris Rooftops) equally full-bodied. "If the red was any brighter or the gray more of a true black, the scheme would be jarring," says Shauna Dennison Taylor, creative director at Penny Morrison Ltd. In the same vein, the sleek lacquer of the table and chairs is offset by the soft matte paint finish and a textured rug.

PHOTOS: (BEDROOM) STEPHEN KENT JOHNSON, (DINING ROOM) JAMES MERRELL

Maneet Chauhan, Rodney Scott

Gail Simmons



Maneet Chauhan, Rodney Scott

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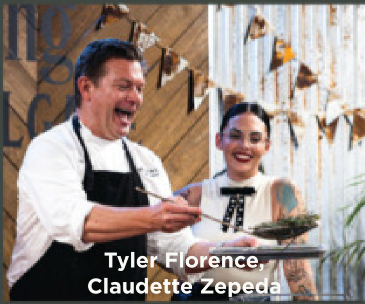
Tyler Florence, Claudette Zepeda

Kwame Onwuachi

ADD RUSTIC TOUCHES

A client's favorite fiery red-orange was the starting point for designer Lonika Chande, who used it on the kitchen island and dining chair frames, then softened the hue with rush seats, a fluted wood dining table, and off-white walls. "We focused on warmer earthy tones and included natural finishes and texture to bridge the hues," Chande says. A weathered sideboard and rug with shades of charcoal anchor the space. "This scheme works best when it's not too polished," she says.

KEEP IT SIMPLE

Red is a fitting accent hue for this mountain retreat where Pocock kept to a tight palette inspired by the Swiss flag. "When creating a Scandinavian vibe, you have to stick to your guns and keep everything neutral with just a couple pops of color," she explains. Furnishings in classic suiting gray speak to the mountain locale. "It hangs well with the winter snowy look."

Light and Airy

"We have a mantra that you can never make a dark room light or a light room dark. You have to embrace the vibes and take your decorating lead from it," Pocock says. Luckily, red and gray work just as well in spaces with a brighter air, creating a look that is spirited yet restful and oozing with hygge—the Danish approach to cozy comfort.

Readers Write In

Social Cues

We asked BHG followers on social media what they would name this color combo. Here are a few responses we loved: ● **POPPY & PEWTER**—Dianna Garcia, Angier, NC ● **BUCKEYE BLISS**—Susan Buhr, Sewickley, PA ● **LONDON CALLING**—Sandra Bourke, Sydney, Australia ● **LIPSTICK & TWEED**—Matisa Herndon, Casa Grande, AZ ■

PHOTOS: (DINING ROOM) MILO BROWN, (BEDROOM) ALEX JAMES

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French Toast *THREE WAYS*

We're infusing our favorite blank canvas (bread!) with sweet tea, rich chocolate, and even hot sauce for new takes on a classic breakfast treat. Consider lazy mornings and brunchy get-togethers handled—down to the last crumb.

RECIPES BEGIN ON PAGE 91.

THAI TEA FRENCH TOAST

Classic French toast takes a detour to Southeast Asia when you infuse the custard mixture with Thai tea mix for bold flavor. Finish a stack of the tender slices with a drizzle of sweetened condensed milk.

PROP STYLING: BREANNA GHAZALI; RECIPES BY: ANNA THEOKTISTO

by KATLYN MONCADA *photos* CARSON DOWNING *food styling* ANNIE PROBST

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Part of a nutritious breakfast. Toppings added as serving suggestion.

CHOCOLATE FRENCH TOAST CASSEROLE

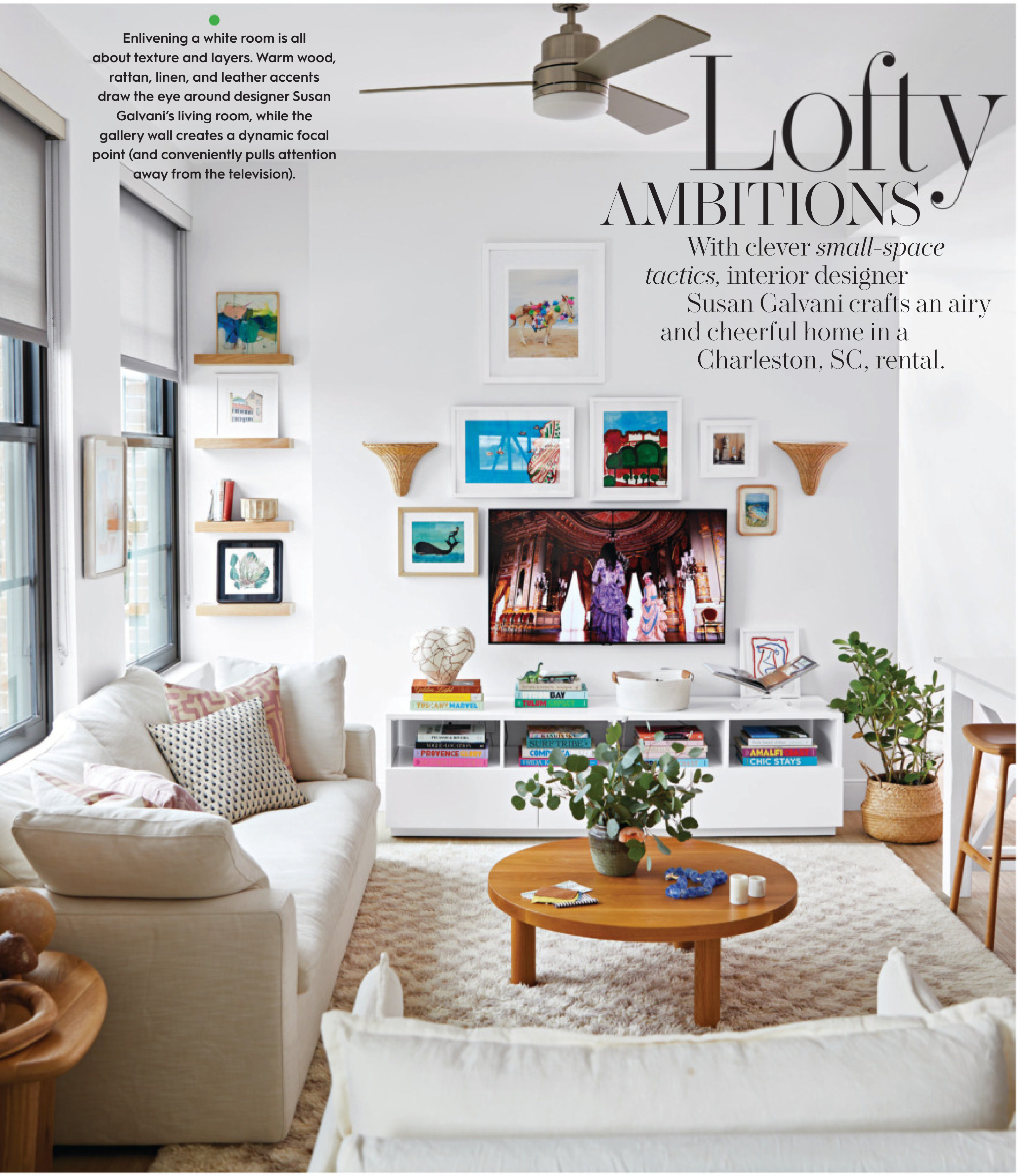
Dessert for breakfast? We're in. This bread pudding-like bake starts with hunks of challah and bittersweet chocolate. The rich egg-and-cream custard base is spiked with cinnamon, orange zest, and vanilla.

TOP IT OFF
Skip the syrup and finish with powdered sugar and fresh berries instead.
←

PILLOWY, EGG-ENRICHED CHALLAH HAS A SUBTLY SWEET FLAVOR AND A TENDER CRUMB THAT MAKE IT AN EXCELLENT CHOICE FOR FRENCH TOAST. LET FRESH CHALLAH DRY OUT OVERNIGHT TO BETTER MAINTAIN ITS STRUCTURE.

“SWICY” HAM & PINEAPPLE FRENCH TOAST SLIDERS

Bring the heat to brunch with these sweet-meets-spicy mini sammies that pair the beloved baked party slider with French toast technique. Sweet Hawaiian rolls dunked in savory, sriracha-spiced custard and filled with ham, pineapple, and Swiss bake into melty little pillows. ■



Enlivening a white room is all about texture and layers. Warm wood, rattan, linen, and leather accents draw the eye around designer Susan Galvani's living room, while the gallery wall creates a dynamic focal point (and conveniently pulls attention away from the television).

Lofty AMBITIONS

With clever *small-space tactics,* interior designer Susan Galvani crafts an airy and cheerful home in a Charleston, SC, rental.

by LAURA FENTON *photos* BRIE WILLIAMS *styling* LILI DIALLO

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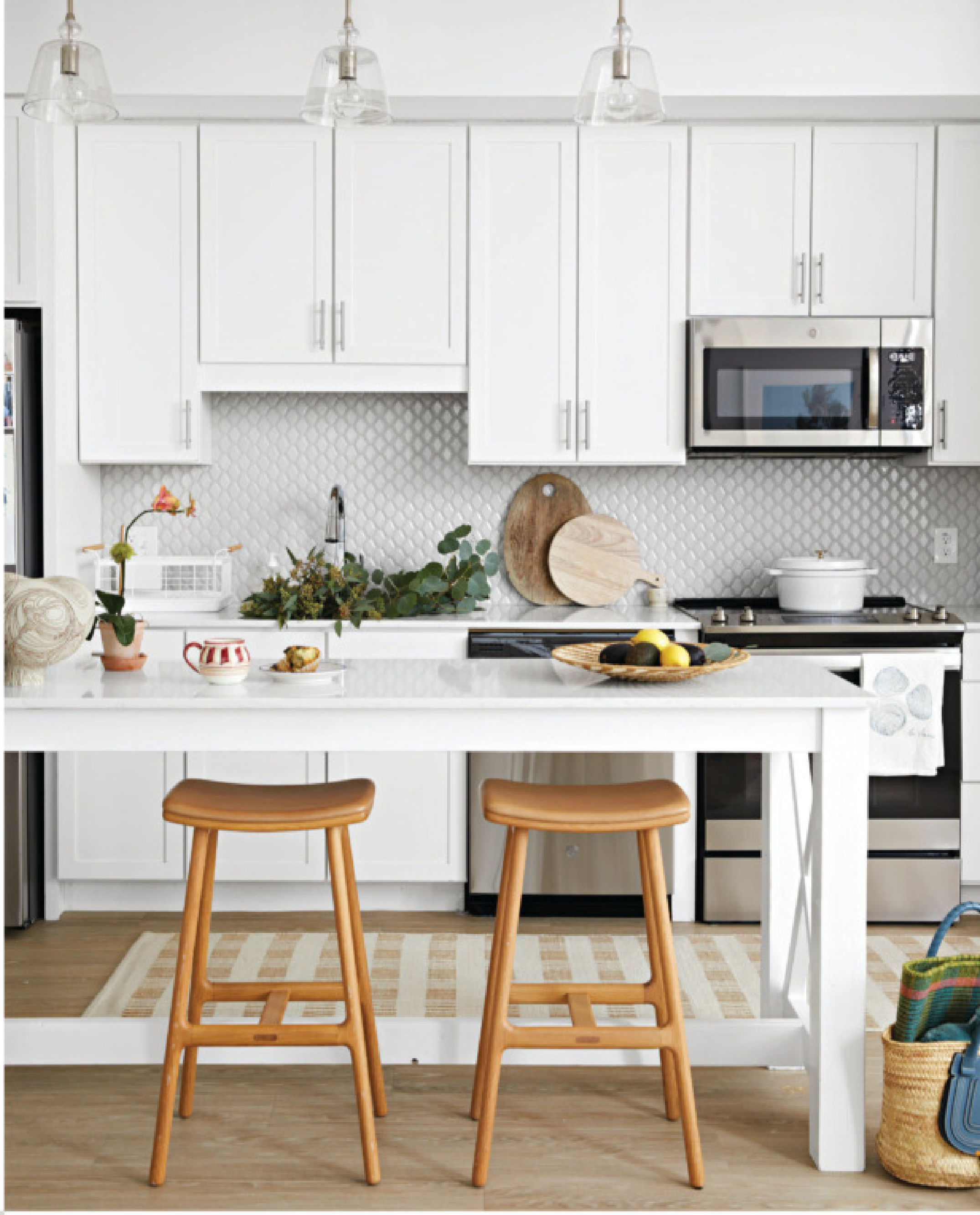
Interior designer Susan Galvani knows her way around a small space—a skill sharpened during her years in New York City. To make the most of her two-bedroom Charleston, SC, apartment, Susan drew inspiration from near and far—its river views and the lofts of Manhattan. The former led her to keep the decor understated so the view is primary, while the latter prompted her to channel downtown style. Perhaps most appealing to the design pro: The apartment was a blank canvas—and the rental building would let her wallpaper. “I wanted to be able to make my mark on it,” she says.

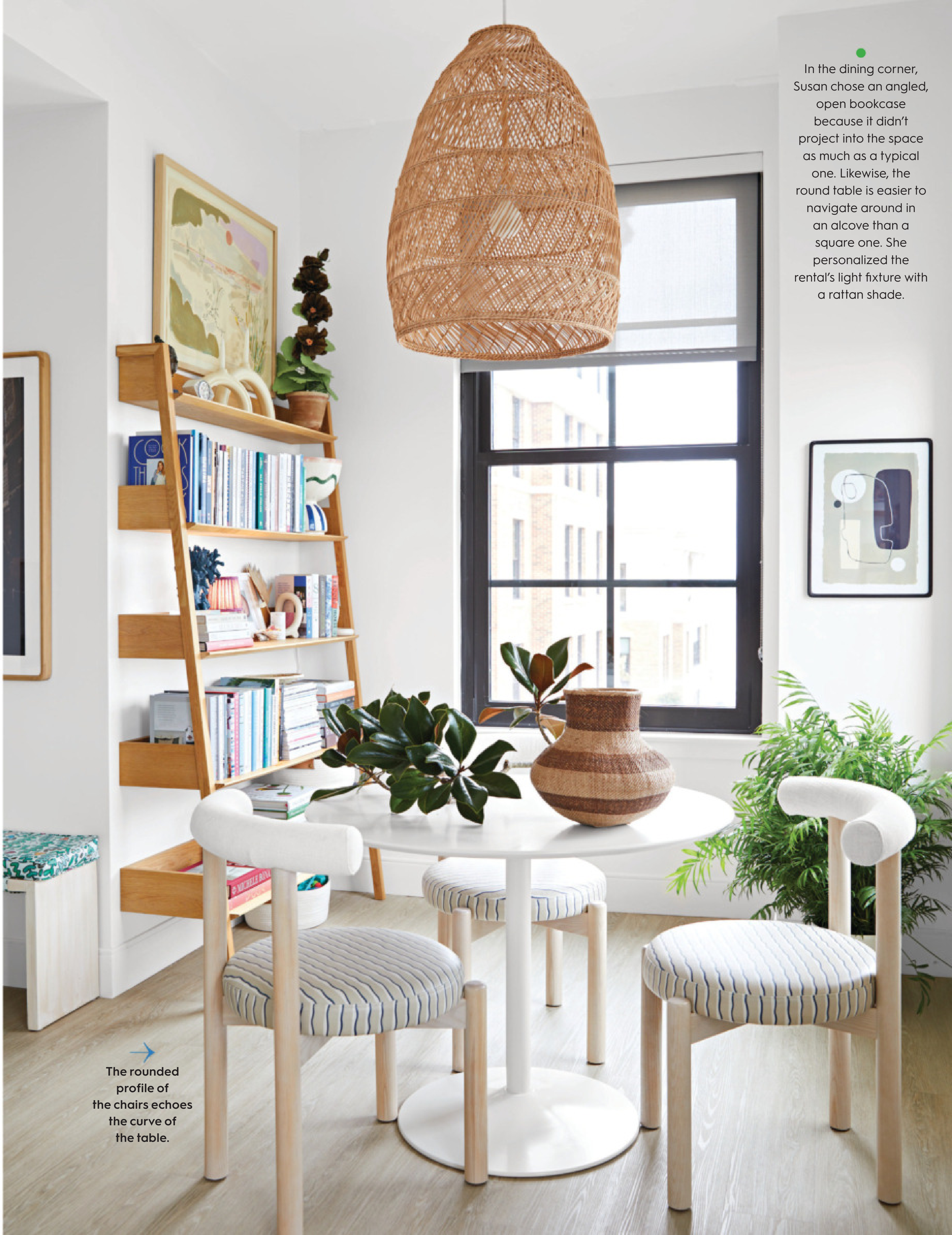
Susan hoped to maintain the loftlike feeling she was first drawn to in the 1,100-square-foot apartment, so she tapped some of her decorator’s tricks to maximize the space without sacrificing the airy ambience. One tactic she employed was to limit the color palette in the main room to light, bright hues. “To keep it from feeling monotone and boring, the key was to include different textures and vary scale and pattern in subtle ways,” she says. Dashes of bolder color appear in artwork and accessories.

The main living area and kitchen are open to one another, but Susan subtly defined living and dining “rooms” through the furniture plan. “You want to delineate the space into different zones but also make sure that the space can be multipurpose,” she says. For example, the dining area is distinct, but Susan can work at the table as well. She was also strategic about furniture choices, opting for fewer but larger upholstered pieces to streamline the furnishings, a low-slung coffee table and storage unit to keep focus on the views, and round tables to promote flow—all are white or neutral in tone.

The apartment is not all pale and airy. Susan indulged her love of patterns and rich color in her son’s room, where the walls are covered in an enveloping forest-theme wallpaper. “It transports you,” she says—and that feeling of escape and contrast can make a space feel more expansive. With her designer’s eye, she turned a clean-slate rental into a comfortable, layered home that lives much larger than its size.



The kitchen island separates the cooking zone from the living area, but its open design keeps the look light. White cabinets, pale gray tile on the backsplash, and glass pendants all visually blend. If you don’t want an open-concept kitchen to dominate your living space, make similarly understated choices.



In the dining corner, Susan chose an angled, open bookcase because it didn't project into the space as much as a typical one. Likewise, the round table is easier to navigate around in an alcove than a square one. She personalized the rental's light fixture with a rattan shade.

The rounded profile of the chairs echoes the curve of the table.

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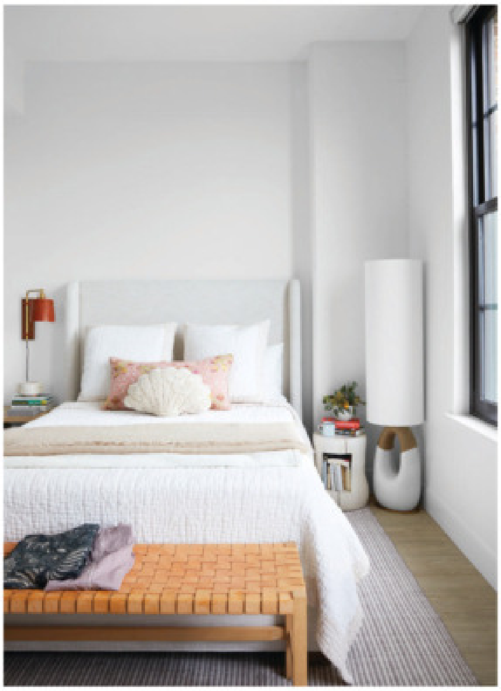
> “IN A SMALL SPACE, IT’S REALLY IMPORTANT TO CONSIDER HOW THE SPACE CAN WORK AS HARD AS POSSIBLE AND FULFILL VARIOUS USES.”
>
> —SUSAN GALVANI, *homeowner and designer*



In the hallway leading to the bedrooms, Susan placed a photograph of the Pantheon in Rome because its lines speak to the angles of the adjacent bookcase. A narrow bench, which can stow baskets underneath, turns dead space into storage.

A tall headboard in the main bedroom matches the proportions of the high ceilings. Clever lighting choices free up narrow bedside tables for books, and the floor lamp doubles as a piece of sculpture. Less is more when you want your bedroom to feel like a sanctuary.

To maintain as much play space as possible in her son’s room, Susan opted for a daybed that could sit parallel to the wall. Sconces and floating shelves also leave more floor area free. Follow her lead and choose whimsical wallpaper to spark imagination. ■

FOR MORE SMALL-SPACE TIPS, CHECK OUT: ***BHG.com/Galvani***

Snow Business

File away these smart solutions for winter's particular pet challenges.

by ELLA FIELD

MUSHER'S SECRET

KEEP PAWS HEALTHY
Swap booties for a protective wax. Apply to pads a few times per week to protect paws from ice and salt. Doesn't transfer to floors. Musher's Secret, $17; *chewy.com*

COVER YOUR COUCH
Like a fitted sheet for each cushion, these covers make your sofa stain- and scratch-resistant and come in more than 30 colors and flexible sizes. Magic Sofa Covers, from $23 per cushion; *nolaninterior.com*

"I COVER MY SOFA WITH A WOOL BLANKET. THE THICK, NUBBY MATERIAL PROTECTS CUSHIONS AND TUCKS AWAY WHEN GUESTS COME OVER."
—LAUREN BENGTSON,
senior market editor

CLEAN YOUR PUP'S PAWS
Add water and twist this cup around muddy paws—the gentle silicone bristles inside will scrub them clean. Rinse and repeat. Mudbuster, from $14 for small; *store.dexas.com*

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WARM FIDO'S HEART
Slide this warmer into your furry friend's bed or under their favorite blanket. It gently heats up when your pet is on it and automatically shuts off when they get up. Comes in four sizes. Pet Bed Warmer, from $41; *khpet.com*

"WHEN MY DOODLE IS COVERED WITH A THOUSAND MINI SNOWBALLS, I GRAB THE KITCHEN WHISK AND RUN IT THROUGH HIS COAT. THE SNOW FALLS RIGHT OFF."
—KATHY BARNES,
senior home editor

SCRUB YOUR SHOES
After you clean your dog's paws, remember to get the yuck off your shoes. (Your floors and mop will thank you.) Hold Everything Shoe Scraper, $40; *williams-sonoma.com*

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PHOTOS: (PAW WAX) COURTESY OF MUSHER'S SECRET, (BED WARMER) COURTESY OF K&H PET PRODUCTS; ILLUSTRATIONS: (DOG WALKER) HISA NISHIYA/ISTOCK BY GETTY IMAGES, (BENGTSON) JESSICA DURRANT, (BARNES) LAMONT O'NEAL

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Rhapsody in Red

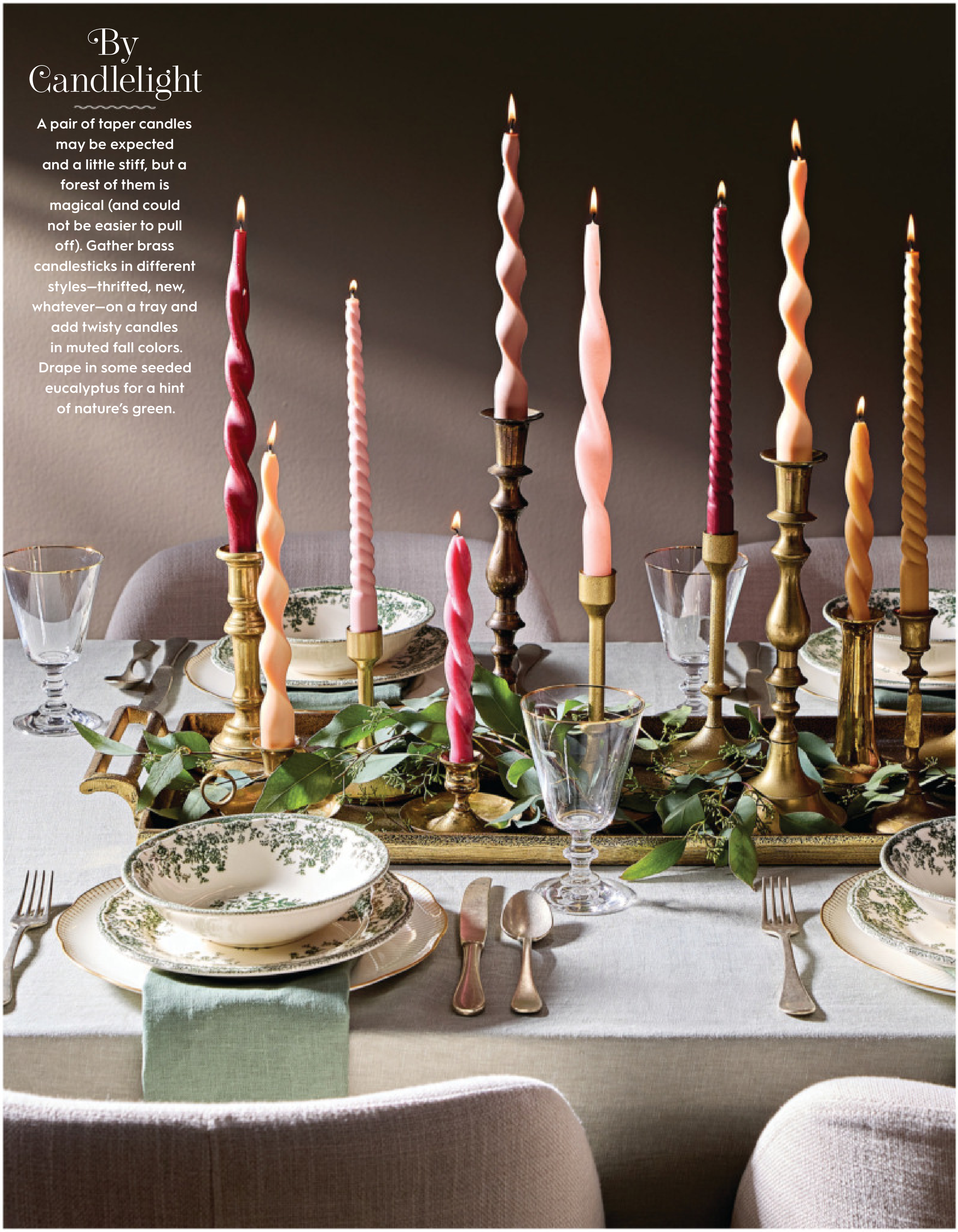
Going all in on a single color is the shortcut to a table that wows. This one brings together flowers and fruit in a rainbow of reds from burgundy to blush. Mums, dahlias, and anthurium burst from a footed bowl as amaranth spills down the side. (The blooms are tucked into a ball of florists chicken wire that sits in the bowl.) Piles of ruby-red produce make a super-simple—and later, edible—runner that celebrates the bounty of the harvest.

Center of Attention

As the turkey is to the meal, so the centerpiece is to the table—it's gotta be *a showstopper*. But don't stress. We'll make it easy with three ideas for gorgeous displays you can put together yourself.

← Dishes, glasses, and linens all in similar hues amplify the color-drenched look.

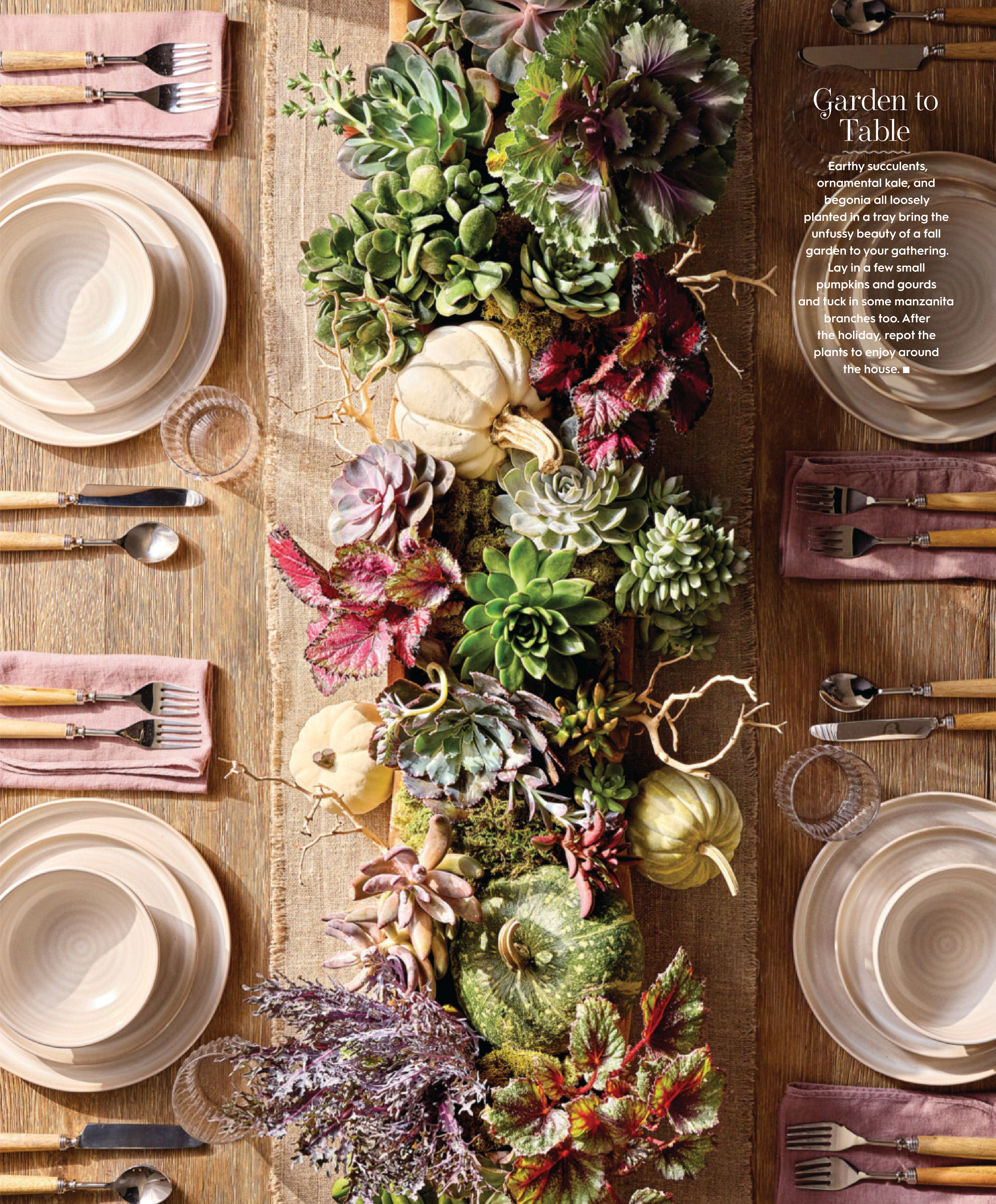
by AMY PANOS *photos* CARSON DOWNING *produced by* JOSEPH WANEK



By Candlelight

A pair of taper candles may be expected and a little stiff, but a forest of them is magical (and could not be easier to pull off). Gather brass candlesticks in different styles—thrifted, new, whatever—on a tray and add twisty candles in muted fall colors. Drape in some seeded eucalyptus for a hint of nature's green.

CANDLEHOLDERS WITH STRAIGHT SIDES, FROM $11 EACH; COLLINS CREAM DISHES, $50 FOR 12-PIECE SET; FROM THE BETTER HOMES & GARDENS® COLLECTION AT WALMART; *WALMART.COM/BHG*



Garden to Table

Earthy succulents, ornamental kale, and begonia all loosely planted in a tray bring the unfussy beauty of a fall garden to your gathering. Lay in a few small pumpkins and gourds and tuck in some manzanita branches too. After the holiday, repot the plants to enjoy around the house. ■

Company's COMING

Get-together season is here! We've got practical advice for preparing to host any gathering without sacrificing your festive cheer.

Oh, the irony: All those jovial holiday season to-dos (the decorating, the wrapping, the baking) can make it next to impossible to keep your home clean, tidy, and company-ready. To help you host family and friends with joy, we asked home pros for their top tips on pulling together an orderly and welcoming entertaining space, no matter how much—or how little—time you have before the doorbell rings.

If You Have 30 Minutes...

☐ The basket trick

Head to your gathering space with an empty laundry basket. Set a timer for five minutes, then start your sprint. Toss in toys, junk mail, random cords—anything adding chaos. Stash the basket behind a closed door. No shame.

☐ Bathroom blitz

Grab supplies, then work from top to bottom—and quick: Shine the mirror; wipe down the counter, sink, and fixtures; clean the toilet seat and rim; and swipe away any visible spots or floor debris. Replace the hand towel and make sure you have enough accessible TP. Bonus: Fold the edge of your toilet paper into a triangle, like at a hotel. A bit much? Maybe. But it's a fun little surprise that makes people think you really have it together, and it takes five seconds.

☐ Speed vacuum

Even if it's just the living room and entry rug, a quick vacuum gives the illusion of an overall clean house. It's the "lipstick and sunglasses" trick of cleaning.

☐ Out of sight

Your guests aren't going to snoop (and if they do, that's on them). Close bedroom and laundry room doors, and focus energy where it counts.

☐ Light it up

Lighting is an environment's most impactful adjustment. If it's daytime, open curtains and blinds for instant cheer. If it's night, dim overhead lights and switch on lamps for max coziness. Also turn on exterior lights and those in all street-facing rooms so your home looks happy, alive, and welcoming when your guests arrive.

☐ Quick wipe

Grab a disinfecting wipe or an alcohol-dampened cloth. Breeze through your entertaining space hitting all high-touch spots, like doorknobs and light switches, for a hard reset on smudges and germs.

☐ Thermostat adjustment

Your average-size home tends to get uncomfortably warm when you combine a working oven and stove top with the body heat of anything over, say, eight to 10 guests. Turn down the heat a few degrees for comfort.

☐ Take a beat

Begin the transition into happy host mode. Close your eyes, take a deep breath, relax your shoulders, and mentally prepare. As the entertainer, you set the tone, no matter the state of your home. Your mantra: It's good enough. Now go enjoy your gathering.

PARTY PREP DREAM TEAM

Each brings a unique pro-level perspective to home and holiday entertaining.

* * *

LISA ECKERLE
Indiana-based organizational designer. *thedesignerorganizer.com*

* * *

REBECCA GARDNER
Celeb party planner and author of *A Screaming Blast,* a book of her exceptional gatherings. *housesandparties.com*

* * *

TARA GUÉRARD
Creative director and owner of Soirée, an event-designing company. *taraguerardsoiree.com*

* * *

SARAH McALLISTER
Founder and CEO of GoCleanCo, providing tips to create a clean home. *housework.com*

by BERIT THORKELSON *illustrations* PENELOPE DULLAGHAN

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If You Have Two Hours...

☐ Be your guest

Walk your main entertaining spaces as if you're a visitor. Sit where they'll sit, look around, and notice what looks dirty or chaotic. That's your hit list. Plus, ensure each bathroom has backup toilet paper in sight.

☐ Surface calm

Take two passes through your space. On the first, wipe away obvious smudges on countertops, appliance fronts, door handles, and mirrors. On the second, focus on floors with an express vacuum and/or mop of just the visible sections. Think speed, not perfection.

☐ Clean sweep

Take a broom and/or leaf blower to the exterior entry to banish all leaves and debris. A tidy entry makes guests feel welcome before you even get the chance to greet them face-to-face.

☐ Smart cycle

If your laundry room is near your gathering area, run a quick, small load of laundry (maybe the kitchen dish towels) with a fragrant laundry detergent. The scent will linger until your guests arrive, welcoming them into a clean and fresh house. Try this favorite: Buff City Soap Magnolia Laundry Soap or Scent Booster.

☐ Fresh start

Take out the recycling and trash to avoid odors and midsoiree overflows. Don't forget the bathroom bin too.

☐ Make scents

Put a pot of water on the stove to simmer and toss in a combination of fridge and pantry items you have on hand. Some standard options, for inspiration: orange, dried apple, vanilla, cinnamon sticks, whole cloves, rosemary, peppercorn, and tea bags. Voilà—practically effortless cozy vibes.

If You Have One Day...

☐ Counter help

Clutter-busting is truly half the battle on the way to an inviting home. First up: those kitchen counters. Return all items to their homes, stash appliances not in regular use, and give the work surfaces a good wipedown. Go room by room and apply the same general principle to all clutter trouble spots.

☐ Shine on

Use Windex or Weiman Stainless Steel Polish to shine the kitchen faucet and remove smudges on appliances. And polish that sink while you're at it. Light bounces off your gleaming surfaces to make the whole kitchen look, quite literally, sparkling clean.

☐ Clear the air

Guests will notice a weird smell before they'll notice your matching throw pillows. Refresh all potential sources of funk. Run the garbage disposal with lemon slices, and vacuum rugs and upholstery using an odor-neutralizing carpet powder. Add a scent to the air by diffusing essential oils or lighting a clean-burning candle made with natural wax. Consider this trick: Tuck a scented dryer sheet inside a floor vent by the front door or behind a radiator.

☐ Bloomin' beautiful

Nothing shows effort and adds joy like fresh flowers. Focus on one big arrangement versus several dinky ones. And unless you're really good at arranging, keep it simple and stick to one flower in one color, en masse.

☐ Power up

Head off having to dig around for a phone charger to help a guest low on battery power by creating a charging station with various connectors, chiefly USB (C, micro, and standard) and Lightning. Ideally, your power point is not in the kitchen or any place people gather. Tuck it just out of sight to minimize visual clutter and keep guests mingling—therefore encouraging (*gasp*) human interaction during their visit.

If You Have One Week…

☐ System reset

Do a room-by-room edit of your common areas. That pile of shoes by the door? Get it down to one pair per person. Same goes for all those bulky coats. Anything that doesn't permanently reside in your main spaces should be properly relocated.

☐ A good clean

Mix up the reliable Tide solution (see "Secret Weapons," *far right*) to spot-clean dirt magnets that also draw guest attention: baseboards, light switchplates, cupboard fronts, handrails, walls, and floors. Vacuum first, using a horsehair brush attachment on all hard surfaces, then work from top to bottom. Hit those mirrors with your favorite glass cleaner as a finale.

☐ Focus on what matters

Pour cleaning energy into the rooms people will actually see: the entryway, living room, dining room, kitchen, bathroom. Prepare the guest bath to live up to its name: Clean from top to bottom, empty the trash, replace the hand towel, and restock the toilet paper. Finally, take a seat on the lid of your cleaned toilet and survey the view. Once that's fresh and tidy, the room is guest-ready.

☐ Grand entrance

Spruce up your home's approach. Clear the walkway, wipe the front door, add a fresh mat and wreath. Don't neglect the lighting. Clean the fixture and adjust the bulb, if necessary, to one that's bright and warm. It's a small, easy upgrade with a big impact.

☐ Good vibrations

Music is a key driver of excellent party vibes, so don't take chances on a quick-pick Spotify playlist. If it doesn't work out, you're distracted and troubleshooting instead of enjoying your guests. Test-drive potential stations while you're party-prepping.

☐ Check, please

Make sure it's evident to guests where their coats and purses go, whether that's an entryway folding rack set up and stocked with hangers or Command coat hooks installed on the wall to create extra hanging space. Maybe put the kids on duty to greet guests and accept and stow items in a room. (Ensure kids tell guests where to find their things at party's end.)

☐ Shoe solution

If you are a no-shoes household, invest in a foldable, easy-store shoe rack to place at your door. A big, pretty basket works too. This prevents everyone's shoes from piling up and becoming a tripping hazard. Offer socks or inexpensive flip-flops for guests who would rather not go barefoot.

☐ Lightbulb moment

Pick up a couple of battery-powered lamps to add mood lighting in key or unexpected places—on an entryway table, a bar cart, or the kitchen counter.

☐ The little things

Treat overnight guests to thoughtful comforts like starched pillowcases, a pretty water carafe, freshly washed and folded towels, and a little welcome note, including the Wi-Fi password.

Secret Weapons

TIDE SOLUTION
The GoCleanCo signature mix (1 tsp. powdered Tide + 1 gal. hot water) is magic on walls, doors, floors, and cabinets.

HORSEHAIR BRUSH VACUUM ATTACHMENT
For removing dust before you clean, because wiping dusty surfaces just makes mud.

BAR KEEPERS FRIEND
For polishing sinks and removing mystery stains from countertops and stainless steel.

BLEACH IN THE DISHWASHER
Run a cycle with ½ cup bleach (no dishes!) the day before guests arrive. It clears smells and leaves it sparkling.

LINT ROLLER
Great for picking up pet hair on furniture and lampshades in a flash.

SWIFFER DUSTER
Perfect for flying around the house and getting rid of visible dust in hard-to-reach places. (We love the 6-foot extendable one.)

MRS. MEYER'S MULTI-SURFACE SPRAY
It smells amazing, it's natural, and best of all, it actually works. ■

Roasty & Toasty

Turkey may be the star of the show, but we're making space in the oven for smaller bites too. These roasted snacks are perfect for a day that's all about sharing.

by NATALIE MECHEM

Bake this dip in a cast-iron or oven-safe skillet so it can go straight from oven to buffet.

ONION, BACON & BLUE CHEESE DIP

Nutty Gruyère and pleasantly funky blue cheese melt into a rich and velvety backdrop for peppered bacon and slightly sweet roasted red onion wedges. Serve warm with plenty of bread, crackers, veggies, or slices of apples and pears.

PHOTO: KELSEY HANSEN; FOOD STYLING: ANNIE PROBST; PROP STYLING: GABRIEL GRECO

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HOLIDAY SNACKSPIRATION STRIKES IN

THE CEREAL AISLE

When you open a box of Cheerios, the possibilities go way beyond the breakfast table. The iconic cereal can be the star ingredient in all sorts of holiday snacks, whether you're craving a sweet treat or something savory.

GO SWEET

CHEERIOS PUMPKIN SPICE PUPPY CHOW

INGREDIENTS

- 1 ¼ cup powdered sugar
- 1 tablespoon pumpkin pie spice
- 3 cups Original Cheerios™ cereal
- Caramel chips or bites, to taste (optional)
- 1 (14-ounce) package white chocolate

DIRECTIONS

1. Mix the powdered sugar and pumpkin pie spice in a sealed plastic bag. Set aside.
2. Melt the white chocolate according to package instructions. Add the melted chocolate to the Cheerios and gently mix until the Cheerios are thoroughly coated.
3. Pour the coated Cheerios into the plastic bag filled with the powdered sugar mix. Close or seal the bag. Vigorously shake the bag until the Cheerios are completely coated.
4. Pour the puppy chow in a bowl to serve and sprinkle with the caramel chips or bites, if desired. Serve, and enjoy!

STAY SAVORY

SAVORY SNACKTIME MIX

INGREDIENTS

- 2 cups Original Cheerios™ cereal
- 2 cups Chex™ cereal (any variety)
- 2 cups pretzels
- 1 cup peanuts
- ¼ cup butter or margarine, melted
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- ½ teaspoon garlic salt

DIRECTIONS

1. Heat oven to 275°F. In an ungreased 13x9-inch pan, mix cereals, pretzels, and peanuts.
2. In a small bowl, stir together remaining ingredients. Pour over cereal mixture; stir until evenly coated.
3. Bake 30 minutes, stirring occasionally; cool. Store in an airtight container up to 1 week.

VISIT CHEERIOS.COM FOR MORE HOLIDAY SNACKSPIRATION.

Cheerios

Cheerios with 8g of tasty protein.
PROTEIN 8G PER SERVING
General Mills
Gluten Free
Strawberry
Cheerios
Protein
PROTEIN 8G PER SERVING

A mixture of canned cranberry sauce and red pepper jelly strikes a sweet and subtly spicy balance. →

OVEN-ROASTED BRIE S'MORES

These two-bite apps reimagine essential Thanksgiving Day ingredients as savory s'mores. Spoon cranberry sauce and pepper jelly over Brie bites in a pie plate, then roast until melty and stack with smoked turkey between buttery crackers.

RECIPES BEGIN ON PAGE 92.

SWEET & SPICY ROASTED NUTS & OLIVES

Dehydrating briny Kalamatas concentrates their bold, almost fruity flavor and crisps them up a bit. Toss them with honeyed oven-roasted nuts and a smoky-sweet spice blend for a snack mix that's good enough to gift—assuming it lasts that long. ■

PHOTOS: JASON DONNELLY; PROP STYLING: ADDELYN EVANS; FOOD STYLING: (S'MORES) SKYLER MYERS, (SNACK MIX) LAUREN McANELLY

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GOOD SOURCE OF FIBER
WITH 11 VITAMINS & MINERALS
Gluten Free
Cheerios
made with 100% WHOLE GRAIN
CAN HELP
LOWER CHOLESTEROL
AS PART OF A HEART HEALTHY DIET
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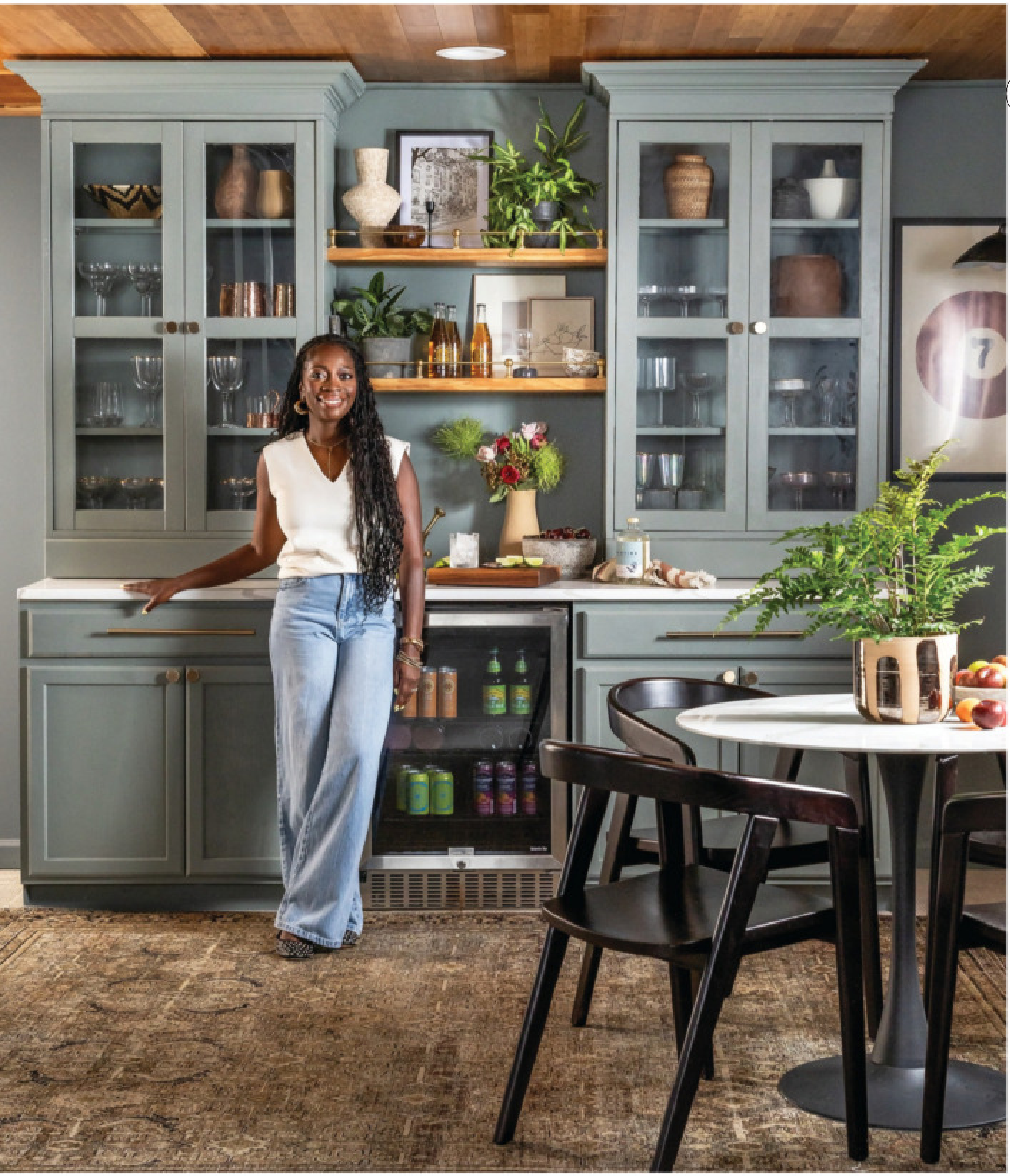
Cheerios
made with REAL HONEY
CAN HELP
LOWER CHOLESTEROL*
AS PART OF A HEART HEALTHY DIET
Gluten Free

Three grams of soluble fiber daily from whole grain oat foods, like Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Specially marked Cheerios varieties provide .75 grams per serving.

I Did It!

This fearless creative built a custom basement bar using stock cabinets for $5,000 less than a contractor's quote. Here's how.



Erin Marshall and her husband bought their first home, an Atlanta property in foreclosure, back in 2011. Erin had no DIY experience, but she had a love for home makeover shows and a hunch that she could figure it out. Her first project was tiling a fireplace, for which she bought a wet saw and watched a lot of YouTube tutorials. Now, DIY is her full-time job, and this content creator's favorite home projects use stock cabinets from the big-box stores, like the ones in the bar she designed and installed for just over $1,500. "You can paint stock cabinets, trim them out, and make them look totally custom," she says. (Previous projects include a sideboard, a storage wall, a TV wall unit, and a butler's pantry. She's currently knee-deep in another that will add storage to her entryway.) With every project, Erin's skills and confidence grow—but her best advice for beginners is simple: "Start small. Just try it. The hardest part is getting started."

● **Erin Marshall (@liveprettyonapenny) used filler pieces and trim to stretch the cabinetry to the ceiling.**

Time A few hours a day over a three-week stretch

Cost $1,568 for cabinets, paint, hardware, and wood counter

Skills "The audacity to try," Erin says, plus a drill, miter saw, and nail gun

by KATHY BARNES *photos* JEFF HERR

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What She Did

Stock cabinetry comes in standard box sizes, so it takes planning to achieve a custom look. They're an excellent canvas for personalization. "Make them whatever you want them to be," Erin says.

Erin used a mix of two different cabinets to build the bar. The uppers were white flat-pack cabinets from IKEA. The lowers were unfinished wood cabinets from a home center. She removed doors and shelves before finishing them with a coat of primer, then a coat of cabinet door and trim enamel paint. She allowed the paint to cure for 72 hours and says a sponge roller delivers the best coverage.

The bar counter is quartz, but it didn't start that way. Erin's first attempt was a painted piece of plywood that resembled marble. It was a good-looking replica, but the paint finish started to lift from the wood within a few months. ("All DIY is trial and error," she says.) Erin swapped it for a quartz with a similar appearance. The cost of the beverage cooler was not included in her budget, but similar units can be purchased for $200. ■

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Mum Renaissance

A Virginia farm is bringing back American heirloom mums—and redefining the fall classic for gardeners everywhere.

Clockwise from top: A cluster of swirling copper-orange 'Cheerleader' football-style mums; a Harmony Harvest Farm worker collects 'Moira' mums in a hoop house; a stunning 'Senkyo Kenshin' spider mum.

For many gardeners, chrysanthemums are a fall savior, filling gaps where summer blooms have faded and brightening patios as the days grow shorter. But what if those familiar mounds of mums found at garden centers only scratch the surface of what's possible for this flower with a more vibrant and varied history?

Enter The Mum Project. Spearheaded by family-run Harmony Harvest Farm in Weyers Cave, VA, the project is reviving hundreds of varieties of lesser-known heirloom mums, selling them as both plants and cut flowers to the public. "Passed down for centuries through families and communities, these are old spider mums and football mums in colors that absolutely vibrate," says cofounder and flower farmer Jessica Hall.

While most common mums are treated as annuals, many of these heirloom varieties are true winter-hardy perennials in Zones 5–9. "With the right care, they come back every year," Hall says.

Hall has big dreams for the project. While the U.S. currently imports almost all of its cut flower mums, Harmony Harvest is working with a network of growers across the country in hopes of eventually producing enough heirloom mums to compete in the global flower market. But for now, it's all about getting as many of these spectacular fall flowers in the gardens of as many people as possible.

PHOTOS: COURTESY OF HARMONY HARVEST FARM

by MIKE IRVINE

PRO CARE TIPS

Mums are not particularly fussy, but these pointers can help ensure they really thrive in your garden.

Planting

Established plants can go in the ground in late summer or fall, or plugs can be planted in spring. Provide well-drained soil and full sun to partial shade, and space plants 1–3 feet apart to prevent overcrowding and diseases. Mums top out at a little over 3 feet tall and need staking to prevent flopping.

Water & Fertilizer

"Mums are heavy feeders and drinkers," Hall says. When planting, apply 20-20-20 granular flower fertilizer, and water deeply. Continue to water frequently at the base throughout the growing season and apply a second dose of fertilizer in late summer.

Pruning

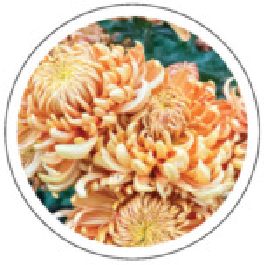
For abundant, manageable plants, prune once a month from spring through summer. "I pinch them back to about half their height every time," Hall says.

Winter TLC

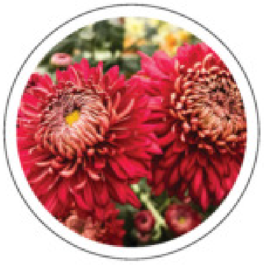
After blooms finish, cut back to 4 inches and mulch. In harsh winter zones (Zones 1–3), grow in containers and bring into a garage or shed until the danger of frost has passed. After several years, divide overgrown plants in spring and share with friends.

Meet the Mums

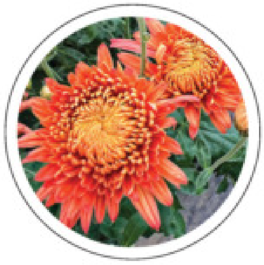
Heirloom varieties run the gamut in colors and shapes, from the tighter clusters of pompon, cushion, and in-curve ball varieties to the more splayed forms of reflex and anemone types. Here are some of Harmony Harvest's standout varieties. Many are available for preorder in fall and shipped as plugs in spring (*hhfshop.com*; use code BHG10 for 10% off).



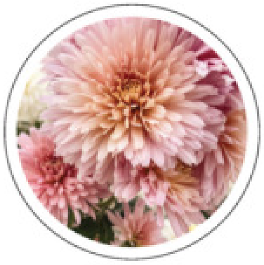
'APRICOT ALEXIS'
Pale peach in-curve ball flowers; 24 inches tall



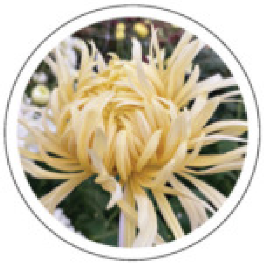
'CHERRY VENICE'
Red reflex flowers; 30 inches tall



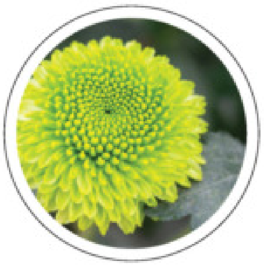
'CORAL CAVALIER'
Rust-color football flowers; 30 inches tall



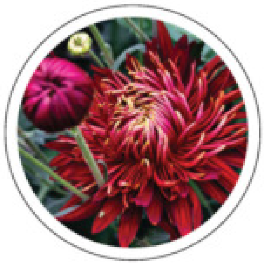
'CHIFFON'
Blush cushion flowers; 26 inches tall



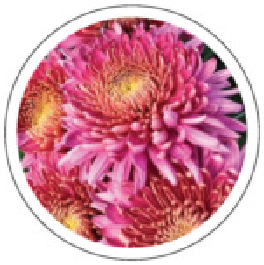
'CREAM JESSIE HABGOOD'
Soft ivory reflex flowers; 36 inches tall



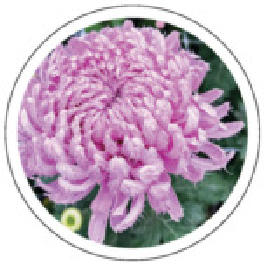
'FEELING GREEN'
Green pompon flowers; 36 inches tall



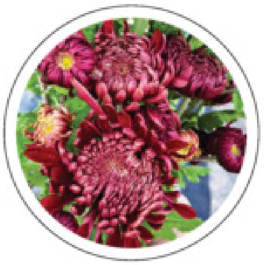
'DORRIDGE VELVET'
Deep maroon reflex flowers; 36 inches tall



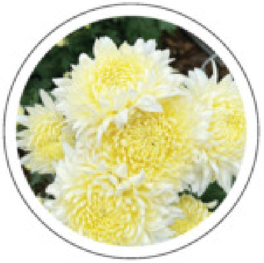
'FALL CHARM'
Pink and gold cushion flowers; 30 inches tall



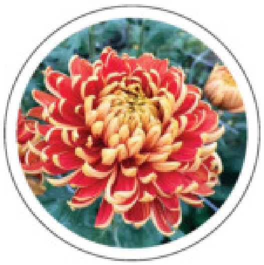
'GERTRUDE'
Lavender-pink in-curve ball flowers; 24 inches tall



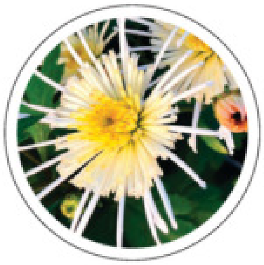
'FORT VANCOUVER'
Bronze ball flowers; 36 inches tall



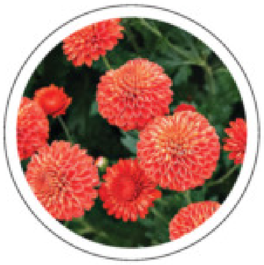
'JOHN HUGHES'
Ivory yellow irregular in-curve ball flowers; 30 inches tall



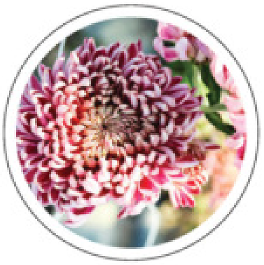
'HEATHER JAMES'
Red and gold in-curve ball flowers; 36 inches tall



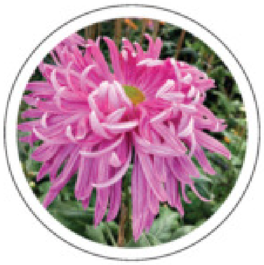
'VESUVIO'
White anemone flowers; 38 inches tall



'KELVIN MANDARIN'
Deep orange pompon flowers; 28 inches tall



'MOIRA'
Purple in-curve ball flowers; 24 inches tall



'HARRY GEE'
Pink reflex flowers; 30 inches tall ■

5-ingredient Meals from Leftovers

Because you can eat only so many turkey sandwiches, we're here to help you spin Thanksgiving leftovers into a host of new dishes.

Turkey-and-Gravy Biscuit Skillet

You'll need a total of 2½ cups gravy or broth for this skillet dinner: Measure out the gravy, then supplement with broth to get to the full amount.

HANDS ON 15 min.
TOTAL TIME 30 min.

1 lb. can refrigerated buttermilk biscuits
2½ cups leftover turkey gravy and/or reduced-sodium chicken or turkey broth
3 cups skinless, boneless leftover turkey meat, cut into bite-size pieces (about 1 lb. meat)
3 cups leftover cooked vegetables (such as carrots, green beans, and/or corn) or one 12-oz. bag frozen peas and carrots
¼ cup minced fresh herbs (parsley, chives, tarragon, and/or basil)
Garlic-Herb Butter and sea salt flakes (optional)

1. Preheat oven to 375°F. Separate biscuits and arrange on a baking sheet. Bake until biscuits are pale golden brown, 10 minutes. Leave oven on.

2. In a 10-inch ovenproof or cast-iron skillet heat 2 Tbsp. *olive oil* over medium. Whisk in 2 Tbsp. *all-purpose flour;* cook, whisking constantly, until lightly toasted, about 1 minute. Gradually stir in gravy and broth; bring to a gentle boil over medium-high. Reduce heat to medium-low and simmer, whisking occasionally, until mixture thickens slightly, 5 to 6 minutes. Remove from heat. Fold in turkey, vegetables, and herbs. Season to taste with *salt* and *ground black pepper.*

3. Arrange biscuits on top of turkey mixture. Transfer skillet to oven. Bake until sauce is bubbly and biscuits are deep golden brown on top, 10 to 15 minutes. Brush with Garlic-Herb Butter and sprinkle with sea salt flakes if you like. Serve immediately. Makes 6 servings.

PER SERVING *492 cal, 20 g fat (7 g sat fat), 73 mg chol, 1,469 mg sodium, 49 g carb, 2 g fiber, 9 g sugars, 28 g pro*

GARLIC-HERB BUTTER In a small bowl stir together 2 Tbsp. melted butter, 2 Tbsp. chopped fresh herbs, and 1 clove grated garlic.

PROP STYLING: BREANNA GHAZALI

photos CARSON DOWNING *food styling* ANNIE PROBST *recipes by* IVY MANNING

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Use a thick, full-flavor barbecue sauce to season and glaze the meat loaf. We liked Stubb's Original during testing.

Stuffing Meat Loaf with Barbecue Glaze

If you have leftover cranberry sauce, stir together ¼ cup with ¼ cup barbecue sauce and use in place of the ½ cup barbecue sauce.

HANDS ON 10 min.
TOTAL TIME 1 hr. 25 min.

1 **cup leftover cooked stuffing**
1 **egg, lightly beaten**
½ **cup barbecue sauce, plus more for serving**
2 **lb. ground pork and beef meat loaf mix, or 1 lb. ground pork plus 1 lb. 92% lean ground beef**
½ **cup finely grated Parmesan or Pecorino Romano cheese**
Fresh flat-leaf parsley (optional)

1. Preheat oven to 350°F. Line a rimmed baking sheet with parchment paper. Place stuffing in a large bowl; use your fingers to break up into small pieces. Stir in egg and ¼ cup of the barbecue sauce; let stand 5 minutes.

2. Use a fork to mash stuffing mixture into a paste. Stir in meat loaf mix, Parmesan, and ½ tsp. each *salt* and *ground black pepper;* mix thoroughly.

3. Shape mixture into an 8x4-inch loaf on prepared baking sheet. Bake 40 minutes. Brush tops and sides of meat loaf with remaining ¼ cup barbecue sauce. Return to oven; continue baking until an instant-read thermometer inserted into center reads 160°F, 25 to 30 minutes more.

4. Let stand 10 minutes. Garnish with parsley and serve with additional barbecue sauce if you like. Makes 6 servings.

PER SERVING *418 cal, 23 g fat (8 g sat fat), 136 mg chol, 817 mg sodium, 18 g carb, 1 g fiber, 8 g sugars, 34 g pro*

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To air-fry, spray cakes with nonstick cooking spray. Cook at 400°F, flipping halfway through, until lightly browned and crisp, 5 to 6 minutes.

Bubble and Squeak Cakes

This is a cheesy riff on the British pan-fried dish of mashed potatoes and leftover cooked veggies. You can shred any combination of hard and/or semifirm cheeses.

HANDS ON 15 min.
TOTAL TIME 50 min.

¾ **cup thinly sliced onion**
2½ **cups leftover mashed potatoes**
1¼ **cups chopped leftover roasted Brussels sprouts and/or cooked kale**
1 **cup shredded cheese, such as sharp cheddar, Gouda, and/or Swiss (4 oz.)**
1½ **cups panko**
Sour cream and chopped fresh chives (optional)

1. In a 10-inch nonstick skillet heat 1 Tbsp. *olive oil* over medium-low. Add onion; cook, covered, stirring occasionally, until onion is tender, 13 to 15 minutes. Increase heat to medium-high. Uncover onion; cook, stirring, until golden brown, 3 to 5 minutes. Remove from heat; put onion in a large bowl.

2. Add mashed potatoes and chopped vegetables to onion; stir to combine. Fold in cheese, ½ tsp. *ground black pepper,* and ¼ tsp. *salt.* Pour panko onto a shallow plate. Form potato mixture into 12 cakes.* Gently coat both sides of cakes with panko.

3. In the same skillet heat an additional 2 Tbsp. olive oil over medium until shimmering. Working in batches, cook cakes until one side is browned, 2 to 3 minutes. Carefully flip; continue cooking until heated through and browned, 2 to 3 minutes more. Drain on a paper towel-lined plate. Repeat with remaining cakes, adding additional oil as needed. (Keep cooked cakes warm in a 200°F oven.) Serve with sour cream and chives if you like. Makes 4 servings.

***TIP** If potato mixture is too wet to form into cakes, stir in 1 to 2 Tbsp. panko.

PER SERVING *311 cal, 15 g fat (5 g sat fat), 19 mg chol, 513 mg sodium, 34 g carb, 3 g fiber, 3 g sugars, 9 g pro* ■

ARE THEY LEFTOVERS
WHEN THEY'RE STILL
FRESH?
GLAD
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10X TIGHTER* SEAL WITH GRIPTEX

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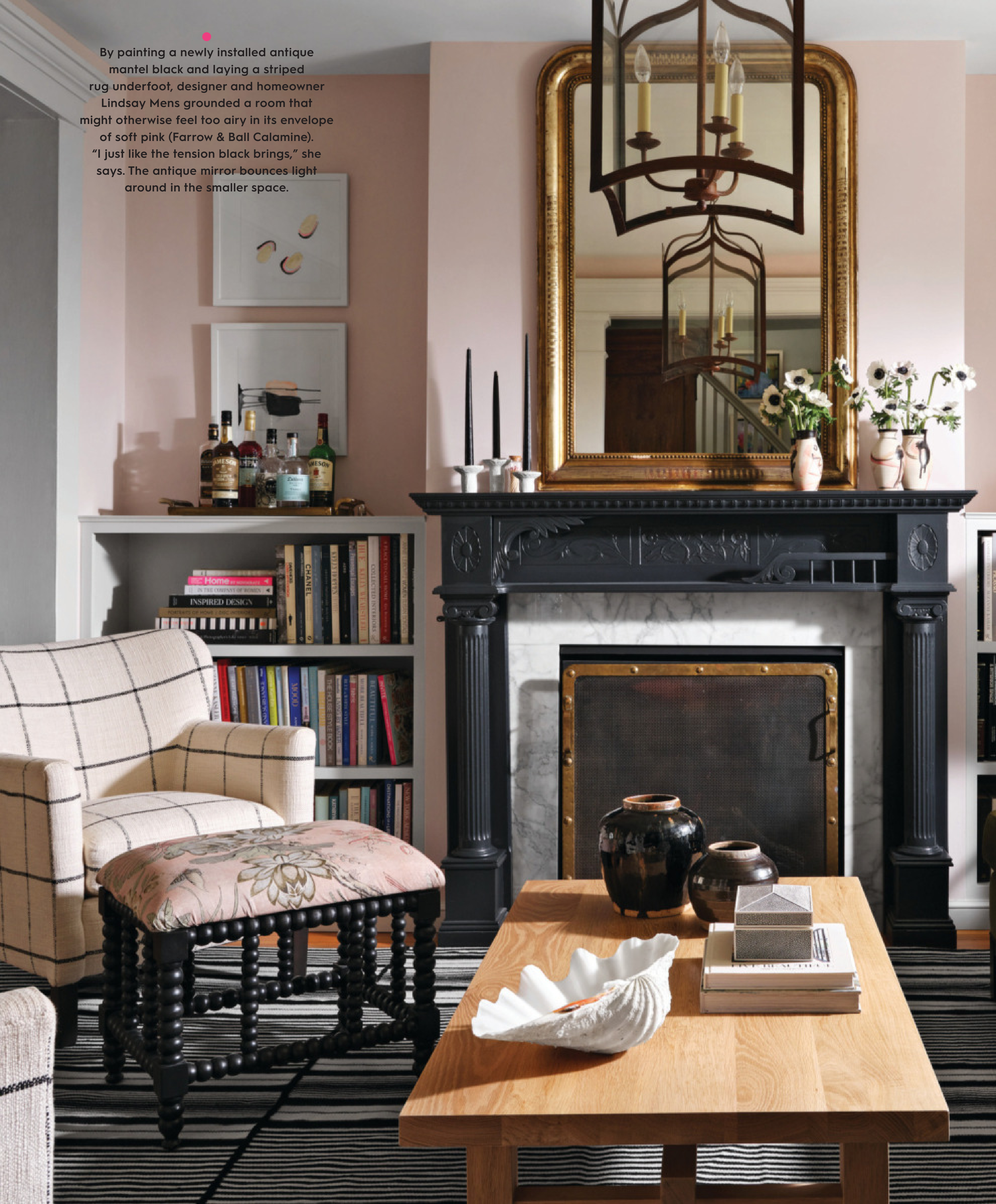


By painting a newly installed antique mantel black and laying a striped rug underfoot, designer and homeowner Lindsay Mens grounded a room that might otherwise feel too airy in its envelope of soft pink (Farrow & Ball Calamine). "I just like the tension black brings," she says. The antique mirror bounces light around in the smaller space.

but KEEP the OLD

How one designer revived her family's home with punches of black and pink, resuscitating the past while staging it squarely for today.

by KATHRYN O'SHEA-EVANS *photos* PATRICK BILLER

CREDITS TK

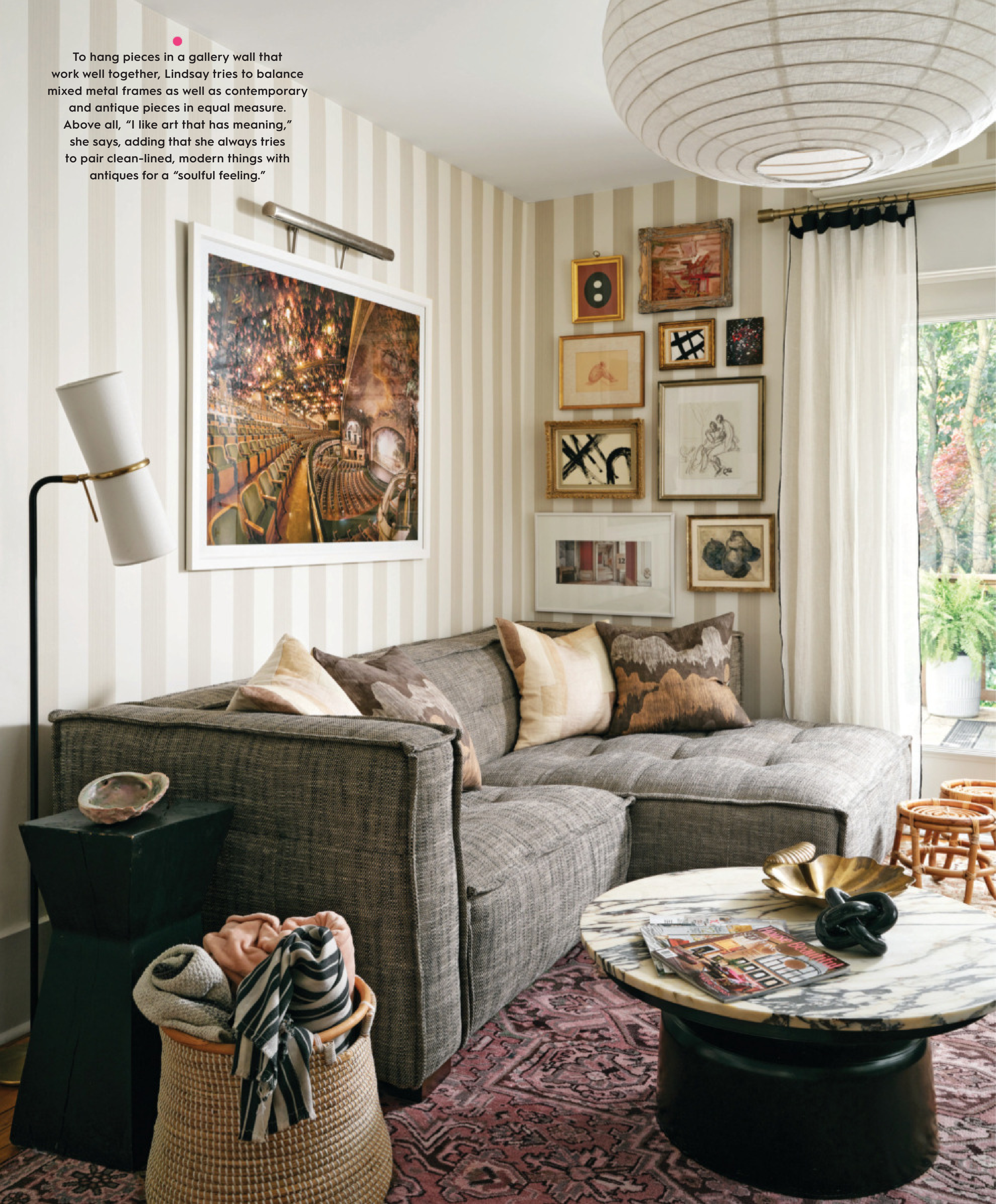
Classic pattern choices, like windowpane check armchairs and a striped rug, can move to any future home, Lindsay says. “Because I tend to move every three years, I’m trying to be conscious as I go forward to buy pieces that stay with me, are well-made, and can be reinterpreted,” she says.

CREDITS TK

Designer Lindsay Mens has a thing for revamping tired old houses—so much so that she moves her family every few years to take a new project under her wing.

One recent adventure: this 1903 farmhouse, among the remaining original grandes dames of Grimsby, Ontario (population: 28,883), a town skirting Lake Ontario. When Lindsay got her hands on the home, it wasn’t living up to its style origins, with vinyl siding and dated, clunky fixtures. “I tend to fix up old junkers,” she says. “That’s what I bring back to life.”

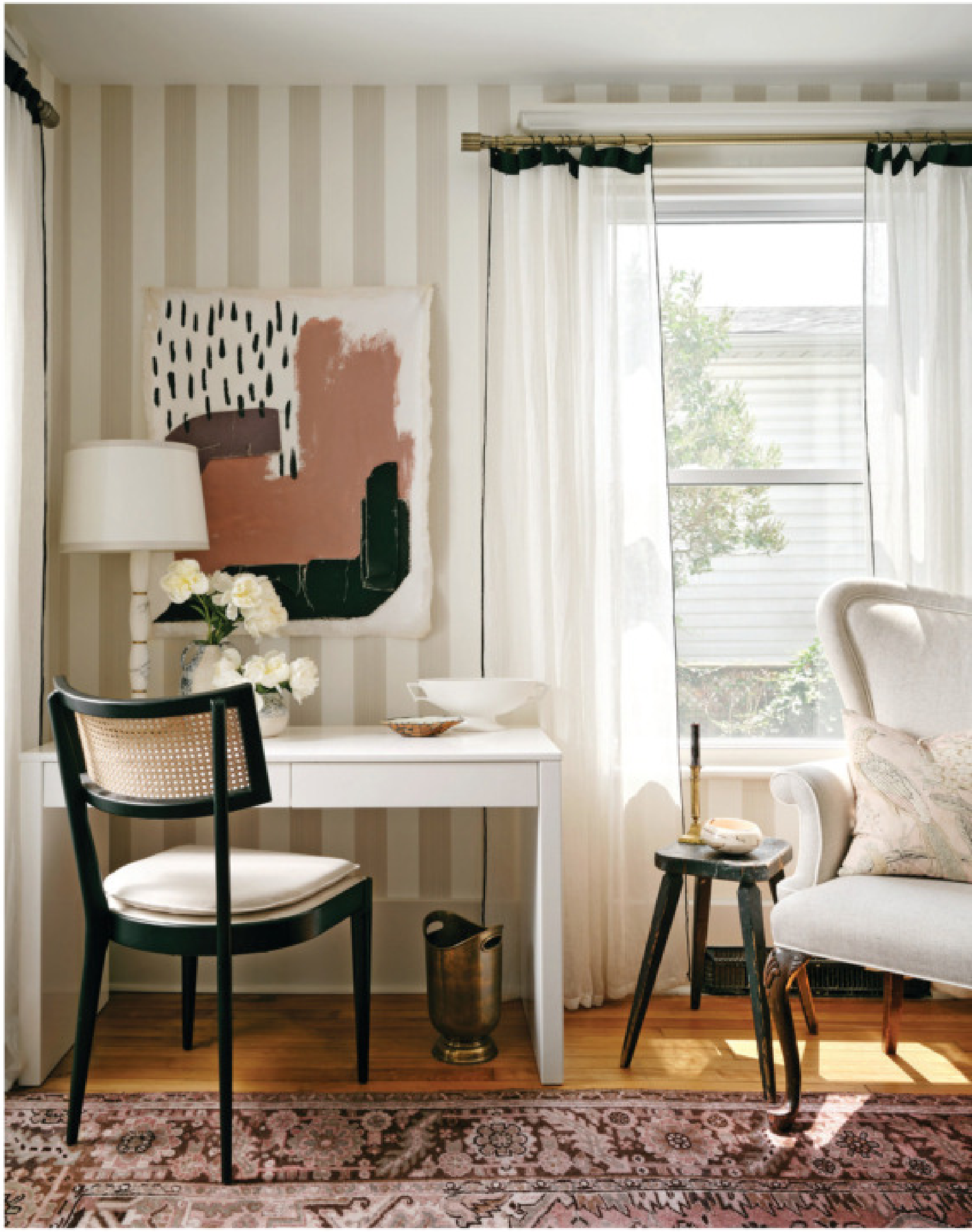
This house was indeed pretty lifeless. It had sat practically untouched for four decades but for a few ho-hum updates: popcorn ceilings, a 1990s builder-grade kitchen, and peeling wallpaper. “I went in and tried to preserve as much of the original character as I could,” Lindsay says, pointing to an existing stained-glass window, trim, and casing, architectural confections that she conserved. She couldn’t keep the floors, though, which were downright treacherous. “Your



To hang pieces in a gallery wall that work well together, Lindsay tries to balance mixed metal frames as well as contemporary and antique pieces in equal measure. Above all, “I like art that has meaning,” she says, adding that she always tries to pair clean-lined, modern things with antiques for a “soulful feeling.”

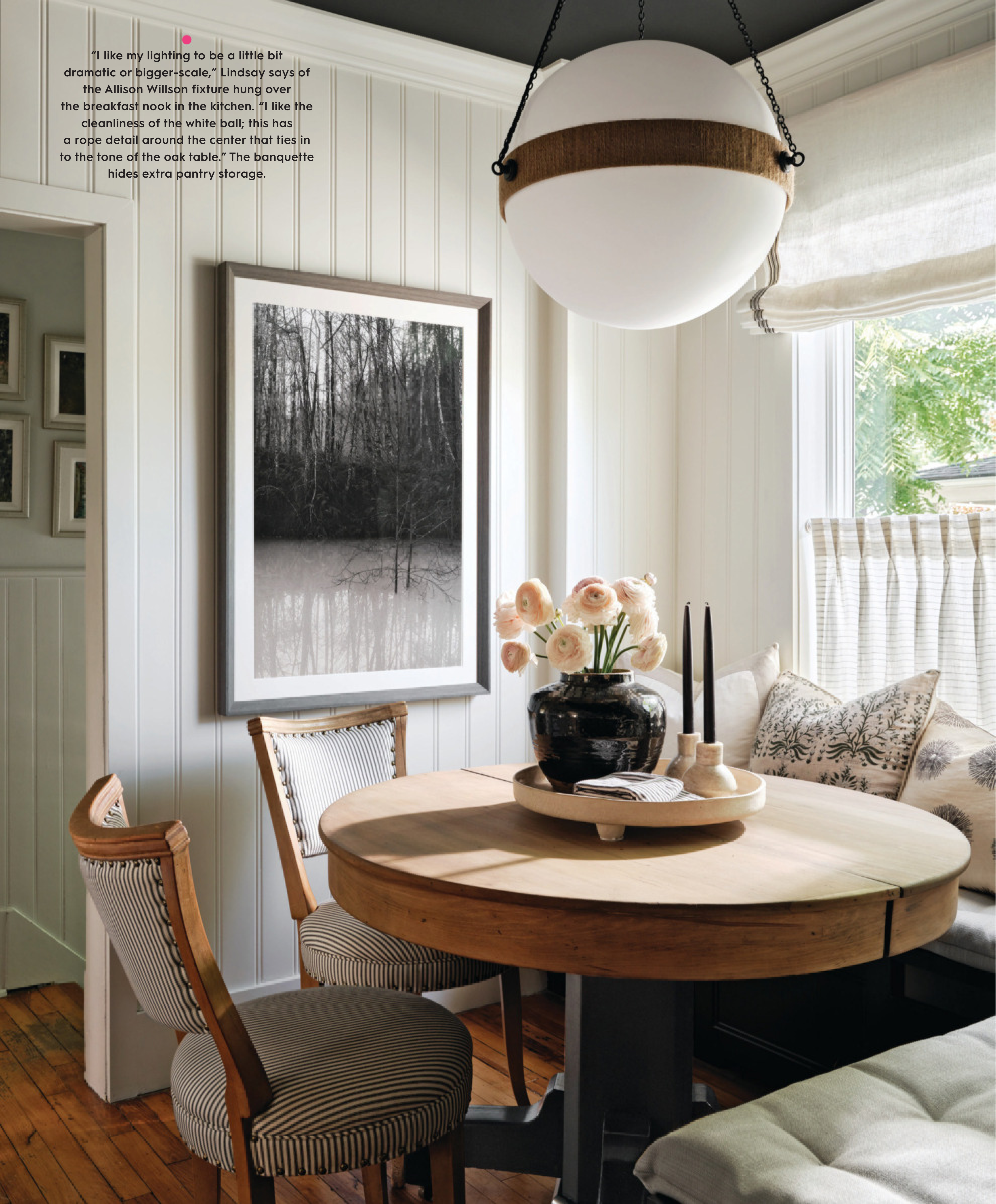
Lindsay, *left*, says the mirror reflects the light fixture, effectively doubling the glow—and the style. "Rooms had a smaller footprint back then," she says. "Putting the mirror over the mantel helps the room feel bigger."

White linen draperies with black piping on the edges catch the light in the family room. Lindsay originally had the walls painted white but added stripes for an extra layer of coziness. "Every surface needs a story … wallpaper warmed up the room."



foot could get caught on a nail… they were dangerous," she says. Lindsay had no emotional trouble evicting things that weren't doing the house any favors. "I tried to be conscientious of what I put in there, so that it kind of looked like it would have been original," she recalls. A woodstove in the family room, for example, got the heave-ho. In the adjacent, more fitting formal living room, Lindsay installed an antique oak fireplace she unearthed at a favorite architectural salvage shop and painted black. Her go-to shade: Farrow & Ball Off-Black, which is "not as intense," she says. "It's a bit softer; it takes the harshness off black."

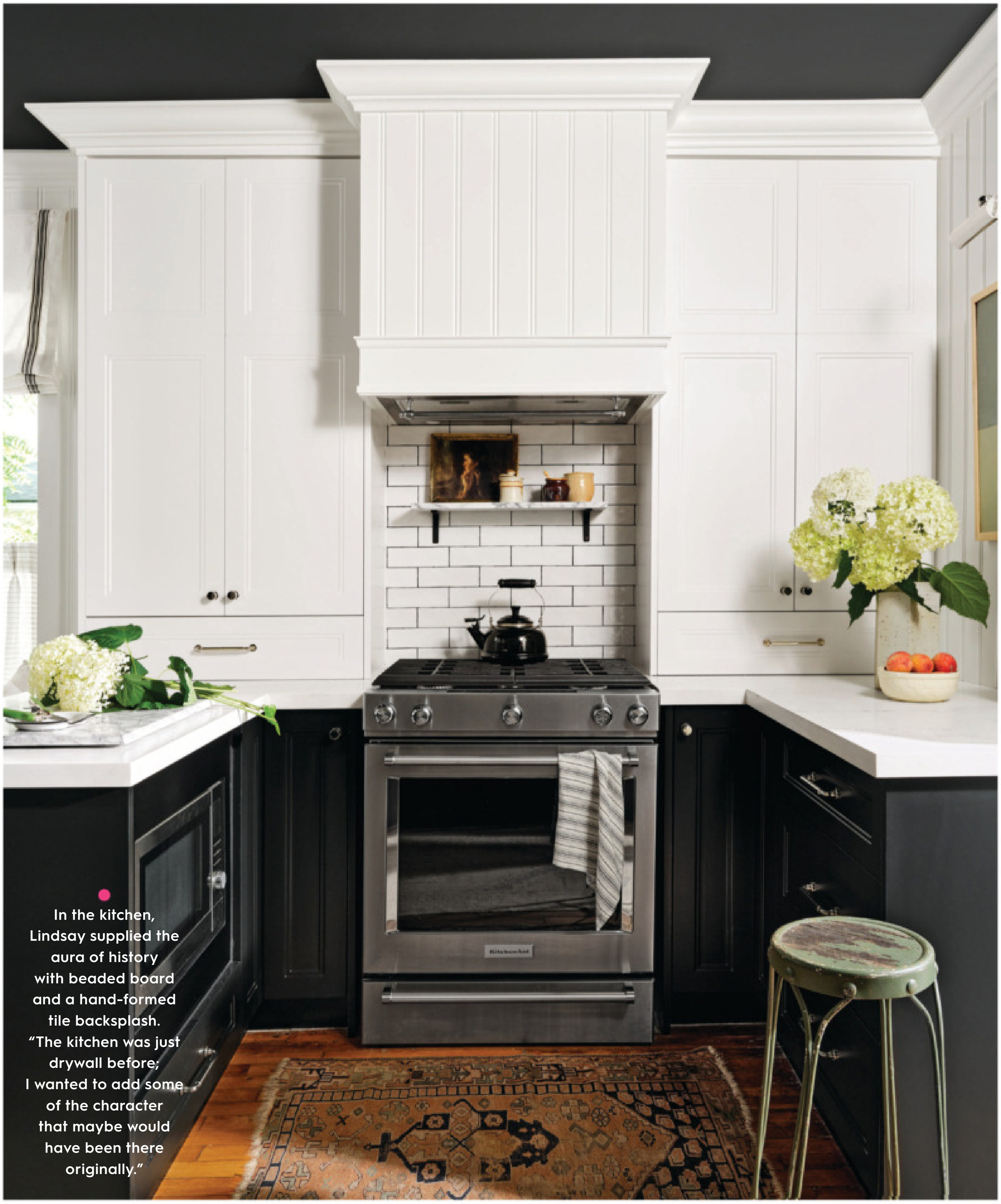
That inky color proved to be the portal to timeless choices that read as both then and now, used everywhere from the front door's interior to the ceiling of the kitchen. "Black adds an unexpected layer, and it's really cozy," she says. "I didn't want it to be a typical farmhouse." Because she shared the home with two growing daughters, she leaned into the effervescence of pink too; the walls of the living room are painted Farrow & Ball Calamine. "It's a ballet slipper pink that doesn't read as too baby or girly or juvenile," Lindsay says. "It's soft and subtle." And perfect for an old queen of a house back in power.



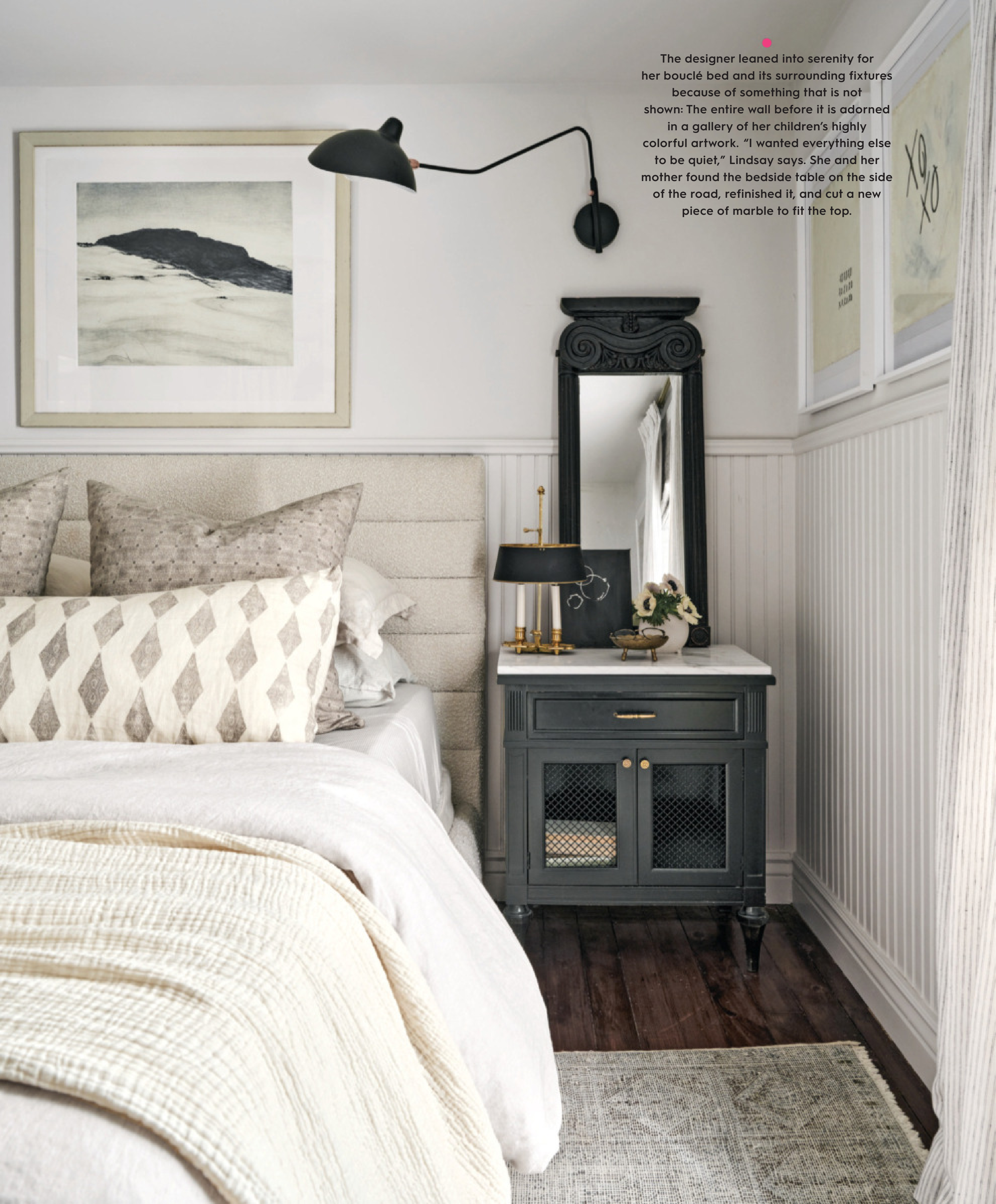
"I like my lighting to be a little bit dramatic or bigger-scale," Lindsay says of the Allison Willson fixture hung over the breakfast nook in the kitchen. "I like the cleanliness of the white ball; this has a rope detail around the center that ties in to the tone of the oak table." The banquette hides extra pantry storage.

"FOR ME, IF I CHOOSE SOMETHING MODERN, IT HAS TO BE BALANCED OUT BY SOMETHING ANTIQUE IN THE ROOM—AND YOU HAVE TO GET THAT EQUATION RIGHT."

—LINDSAY MENS, *homeowner and designer*



In the kitchen, Lindsay supplied the aura of history with beaded board and a hand-formed tile backsplash. "The kitchen was just drywall before; I wanted to add some of the character that maybe would have been there originally."



The designer leaned into serenity for her bouclé bed and its surrounding fixtures because of something that is not shown: The entire wall before it is adorned in a gallery of her children's highly colorful artwork. "I wanted everything else to be quiet," Lindsay says. She and her mother found the bedside table on the side of the road, refinished it, and cut a new piece of marble to fit the top.

"WHEN YOU'RE SURROUNDED BY SO MANY TREES, GREEN JUST FEELS NATURAL."

—LINDSAY MENS

"I had custom wood shutters made (and painted a soft green-gray) and ordered antique shutter hardware," she says, noting that she even had the lanterns shipped in from Charleston, SC, to suit the scene.

The thick marble countertops in the bathroom add timeless appeal, while faucets, drawer pulls, and a showerhead in a warm metallic finish lend contrast.

Lindsay enlisted her brother—"the most skilled carpenter ever!"—to trim the windows and add thicker detailed casing up top. "When my brother was re-siding, he found dentil molding that had been covered up," Lindsay says. They redid it—nodding to the past while championing the future. ■

ADD JUST ONE THING

No one needs an entirely new Thanksgiving menu every year, but a twist or two keeps things fresh. These practical, make-ahead riffs take Turkey Day staples from basic to beyond.

CLASSIC ROAST TURKEY + HERB MAYO A pre-roast schmear of herb-flecked mayo infuses the meat with fresh sage, basil, thyme, dill, and citrus flavors. Inspired by many popular fried chicken recipes, we added a bit of pickle brine to the mayo mixture to help tenderize the turkey and deliver a bit of tang.

Serve the silky side with melted butter or olive oil, extra roasted garlic, and frizzled sage leaves. ←

MASHED POTATOES + ROASTED-GARLIC MASCARPONE

You can skip the gravy this year. A mixture of brown butter, roasted garlic, and rich mascarpone levels up an iconic, otherwise-basic mashed potato recipe from our archives. Fold the rich garlic mixture into cooked potatoes before mashing. The only downside? There probably won't be any leftovers.

by
CARRIE BOYD
photos
KELSEY HANSEN
food styling
ANNIE PROBST
prop styling
BREANNA GHAZALI
recipes by
COLLEEN WEEDEN

RECIPES BEGIN ON PAGE 88.

KALE & ROASTED BEET SALAD + HOT HONEY VINAIGRETTE Honey is no stranger to homemade vinaigrettes, but chile-infused honey lends a welcome touch of heat to this dressing made with Dijon, red wine vinegar, and red onion. We served it over a roasted beet and greens salad, but it would be just as welcome as a finishing drizzle over steamed green beans or roasted Brussels.

STUFFING BREAD PUDDING + GRUYÈRE & HERBS This dish starts with all the traditional stuffing flavors, layers in a big helping of fresh herbs and a salty umami boost from shredded Gruyère and Parmesan, then finishes in lush bread pudding form.

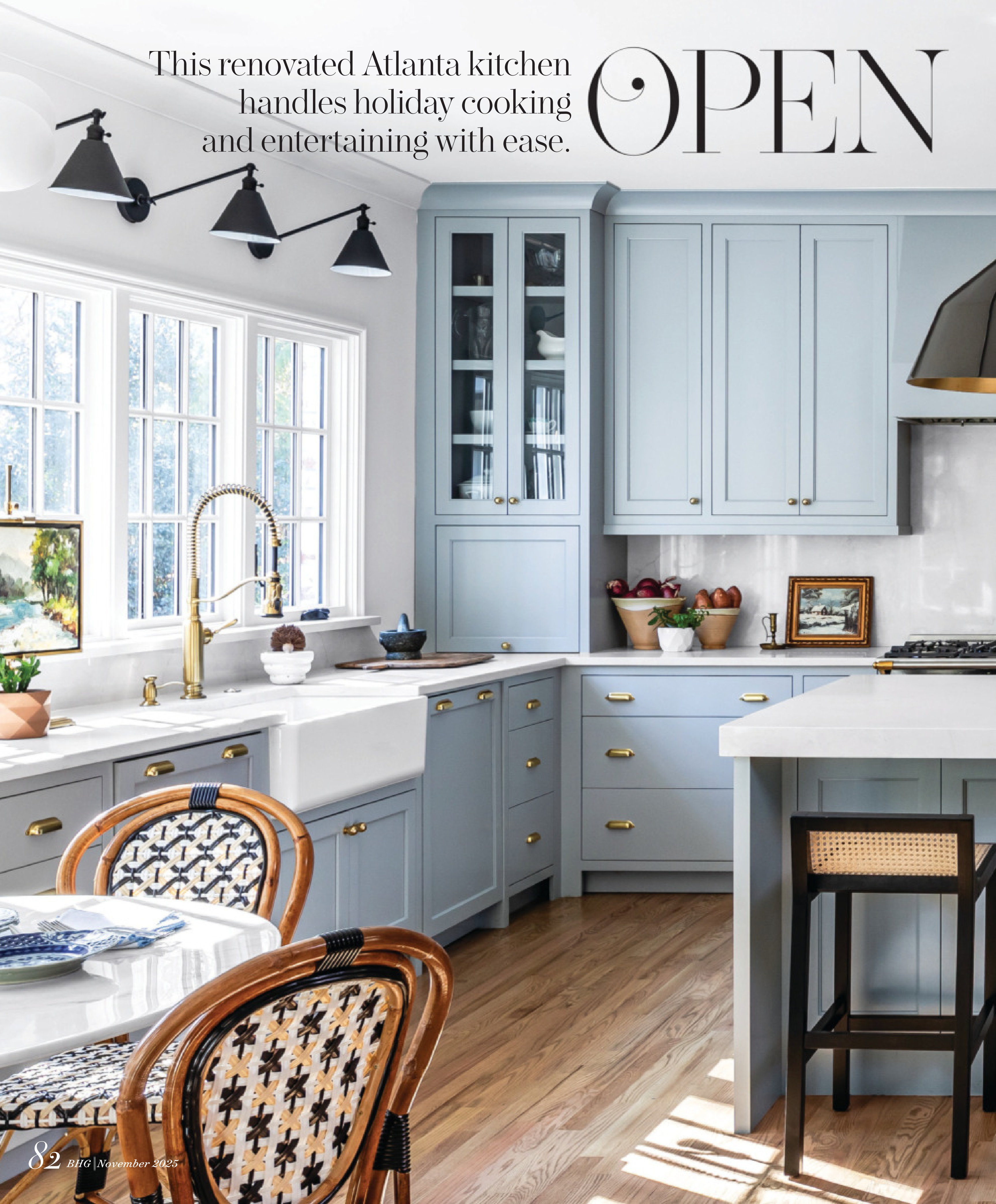
ROASTED SWEET POTATO HALVES + MAPLE MERINGUE Is your crew Team Roasted or Team Marshmallow Casserole when it comes to sweet potatoes? This dish will be a winner with everyone.

The maple meringue can be made the morning of and refrigerated until you're ready to serve, then pipe or spoon onto roasted halves and pop them back in the oven for a quick toasty marshmallow finish.

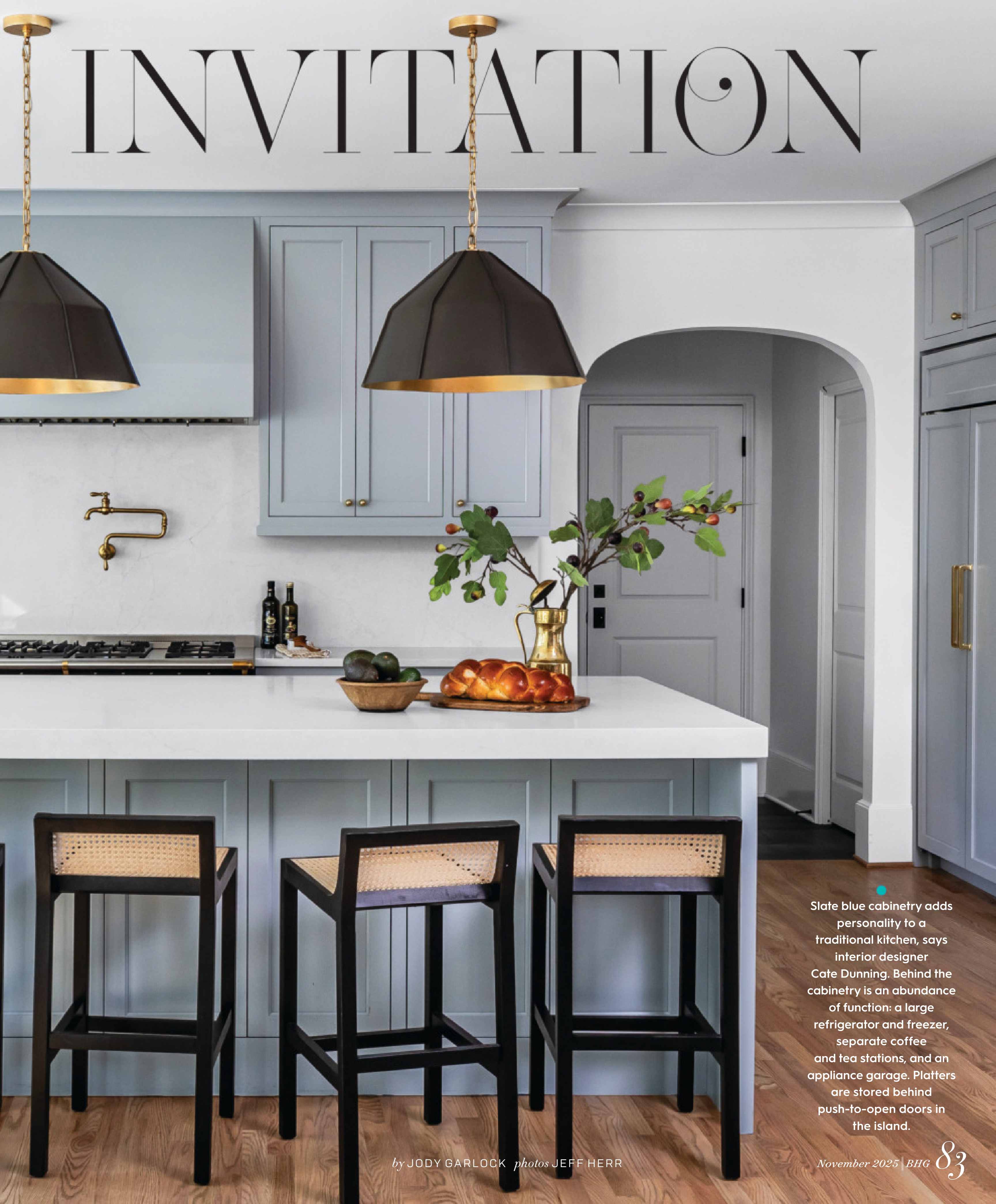
PICK YOUR PIE + BISCOFF CRUST & DULCE SWIRL OK, we cheated: This recipe has two genius moves. A deep-dish cookie crust lays the foundation for your filling of choice: apple, pumpkin, or French silk—or make all three. Finish each slice with a dulce de leche whipped cream. ■

OPEN

This renovated Atlanta kitchen handles holiday cooking and entertaining with ease.



INVITATION



Slate blue cabinetry adds personality to a traditional kitchen, says interior designer Cate Dunning. Behind the cabinetry is an abundance of function: a large refrigerator and freezer, separate coffee and tea stations, and an appliance garage. Platters are stored behind push-to-open doors in the island.

by JODY GARLOCK *photos* JEFF HERR

A HOUSE FULL OF GUESTS CAN BRING OUT THE BEST—AND THE WORST—IN A KITCHEN. JOHN AND HEATHER DUCAT EXPERIENCED BOTH IN THEIR ATLANTA HOME.

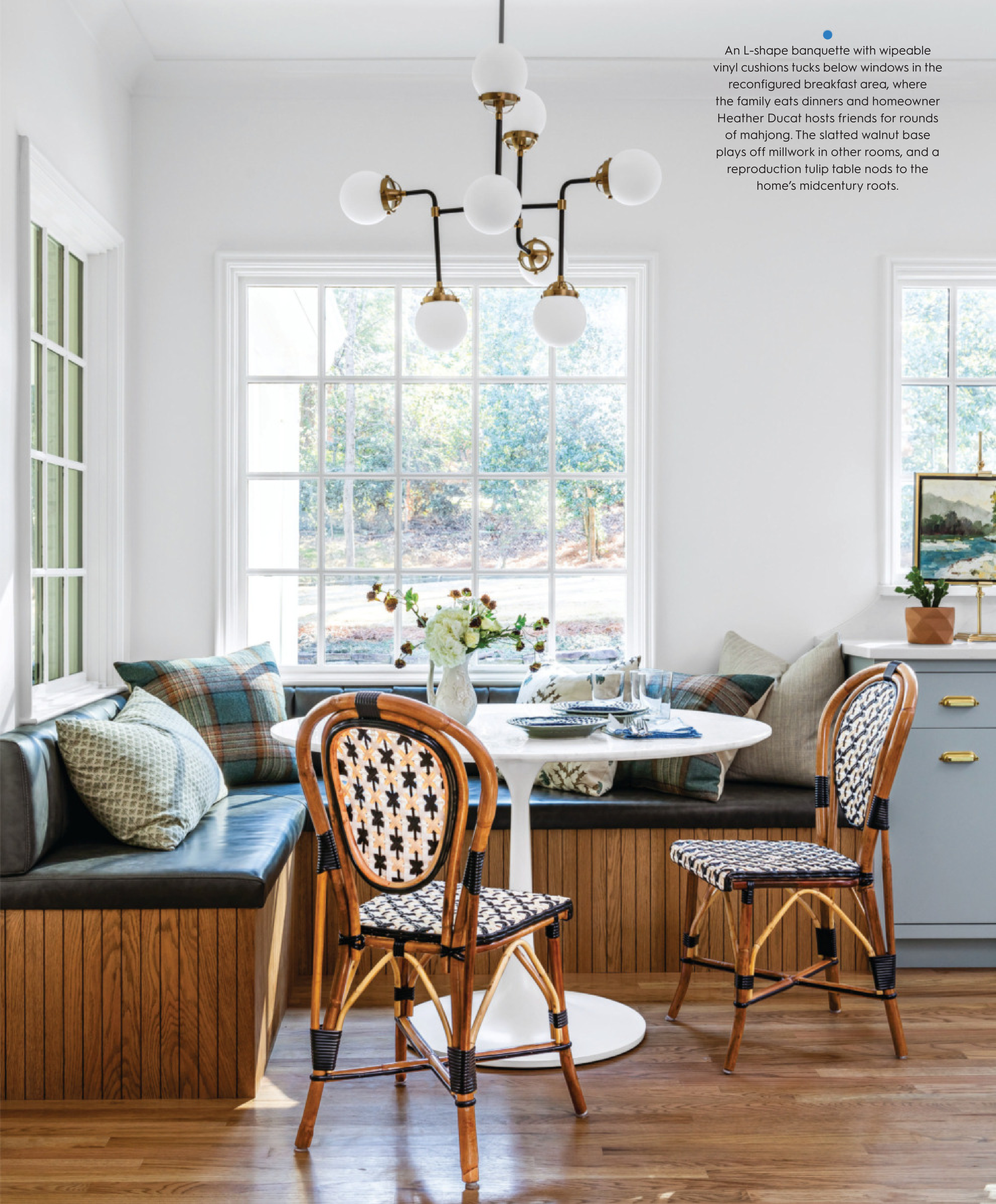
But the best happened after the couple renovated their 1960s brick ranch. Bumping out an exterior wall of the kitchen 4 feet and reconfiguring the layout gave the family, which includes three daughters ages 10 to 16, room to move. Large appliances including a French range, two dishwashers (both of which get used daily), an island with a full countertop, and a built-in bar easily shift the kitchen into entertaining mode. “It was staggering how much we gained,” John says.

Interior designers Lathem Gordon and Cate Dunning guided the couple through the transformation. Aesthetically, the room veers classic, with white oak flooring, an apron-front sink, and quartz counters that mimic marble. “We wanted the finishes to age well, but then we added a little funk,” Gordon says. Slate blue cabinets kick up the energy level; the blue deepens to navy on the bar. The banquette’s slatted walnut base and the island’s thick countertop offer small visual changeups. Modern light fixtures above the island and banquette offset the traditional.

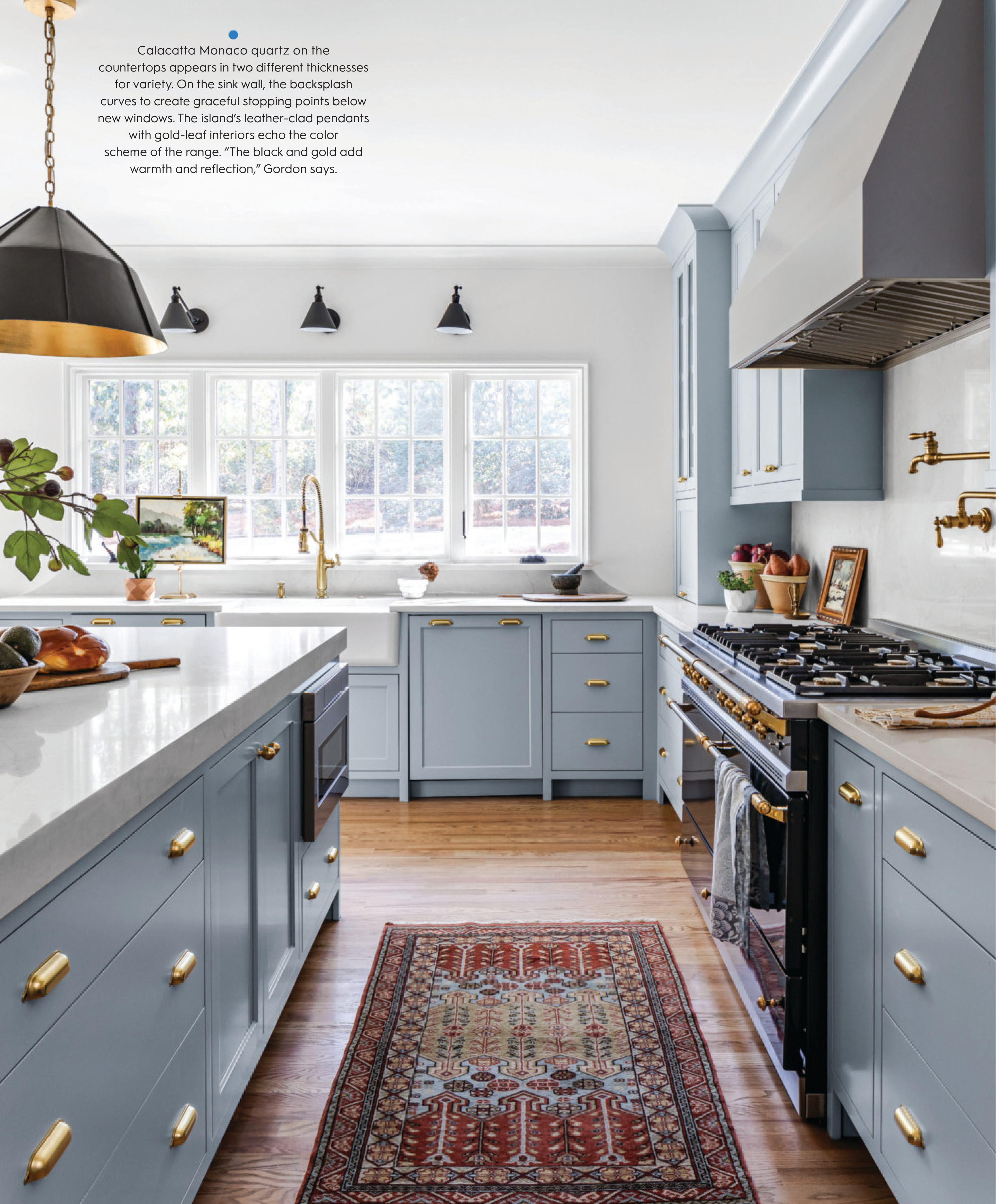
Interior designers Cate Dunning (left) and Lathem Gordon say the bumped-out sink wall with a large window instantly made the room seem fresh due to the natural light that poured in.

The designers created separate areas within the kitchen to improve traffic flow. John, the cook in the family, has his own space behind the island. On the opposite side of the room, the banquette is large enough to ensure the family of five fits comfortably. The bar sits in a corner away from the action, making it easy for anyone to grab beverages.

For the family, the island with seating for four has been a game changer. “It’s the center of our house,” Heather says. “Before we had a little counter that jutted out that people tried to hover around. It’s nice to have the island as a gathering spot—without having a cooktop or sink in it.” After Thanksgiving, John sets up his dehydrator there for seemingly endless batches of beef jerky, which Heather packages into jars as gifts for friends. With that newfound efficiency and the kitchen’s inviting persona, John doesn’t even mind that friends keep requesting more of his signature jerky. “Cooking for others is part of the joy of the holidays,” John says. “This kitchen is definitely well used.”



An L-shape banquette with wipeable vinyl cushions tucks below windows in the reconfigured breakfast area, where the family eats dinners and homeowner Heather Ducat hosts friends for rounds of mahjong. The slatted walnut base plays off millwork in other rooms, and a reproduction tulip table nods to the home's midcentury roots.



Calacatta Monaco quartz on the countertops appears in two different thicknesses for variety. On the sink wall, the backsplash curves to create graceful stopping points below new windows. The island's leather-clad pendants with gold-leaf interiors echo the color scheme of the range. "The black and gold add warmth and reflection," Gordon says.

A door on the cabinet tower lifts to reveal Heather's tea corner, outfitted with an outlet for an electric kettle to streamline brewing. Her grandmother collected black-and-white teacups, which inspired Heather and her daughters to pick out a teacup as a memento during family travels.

> "WE WANTED TO PUT A TWIST ON MODERN STYLE WITHIN A CLASSIC KITCHEN DESIGN."
> —CATE DUNNING, *interior designer*

The deep navy built-in bar with a dark stone countertop provides a contrast to the kitchen's light palette. Brass rails, glass shelves, and an antiqued mirror back ensure the interior side of the room has light-reflecting qualities. "We didn't want it to be like you were staring at yourself," Gordon says. "We wanted you to be able to see your entity but not be able to do your makeup in it."

The new pantry houses an ice machine and tile floors that can handle the occasional left-behind-and-melting cube. Heather turned doors that hide electric panels and other utility into the family's hype board to leave messages of encouragement. ■

● ADD JUST ONE THING
pages 76–81

Classic Roast Turkey with Herb Mayo

If you have a favorite roast turkey recipe, you can swap out the butter or oil slather pre-roast and use our herb-mayo mixture instead. We skipped the stuffing and tucked some oranges, lemons, garlic, and shallots in the cavity for a subtle flavor boost.

HANDS ON 15 min.
TOTAL TIME 3 hr. 15 min.

1	**12- to 14-lb. fresh or frozen (thawed) turkey, neck and giblets removed**
	Aromatics, such as orange and/or lemon wedges, halved garlic bulb(s), shallot wedges, and/or fresh herbs (optional)
	Desired stuffing recipe (optional)
1½	**cups mayonnaise**
3	**Tbsp. cornichon or dill pickle brine**
1	**Tbsp. chopped fresh parsley**
1	**Tbsp. chopped fresh sage**
1	**Tbsp. chopped fresh basil**
1	**Tbsp. chopped fresh thyme**
1	**Tbsp. chopped fresh dill**
2	**tsp. minced garlic (4 cloves)**
1	**tsp. lemon zest**

1. Preheat oven to 325°F. Pat turkey skin dry with paper towels. If stuffing turkey with aromatics or stuffing, wipe out body cavity. Sprinkle cavity with *salt* and *ground black pepper.* If you like, tuck aromatics or spoon desired stuffing loosely into cavity.

2. In a medium bowl stir together mayonnaise, pickle brine, parsley, sage, basil, thyme, dill, garlic, and lemon zest. Loosen skin over legs and breast of turkey. Spread 1 cup of the mayonnaise mixture under skin over leg and breast meat.

3. Skewer neck skin to back. Tuck drumstick ends under band of skin across tail (if present) or tie drumsticks securely to the tail using 100%-cotton kitchen string. Spread remaining mayonnaise mixture all over turkey skin. Insert an oven-going meat thermometer into the center of an inside thigh muscle (thermometer shouldn't touch bone). Cover turkey loosely with foil.

4. Set a rack in a shallow roasting pan. Place turkey, breast side up, on rack. Sprinkle with additional salt and pepper.

5. Roast 2¼ hours. Remove foil; cut string between drumsticks. Roast until thermometer registers at least 175°F, 30 to 45 minutes more. (If stuffed, roast 1 to 1¼ hours more. The center of stuffing should register 165°F.) Juices should run clear, and drumsticks should move easily in their sockets. Remove turkey from oven. Cover with

CLASSIC ROAST TURKEY WITH HERB MAYO

The Perfect TURKEY Gravy

Our roast turkey recipe doesn't include a gravy accompaniment, but gravy purists, we have you covered: Scan the code to see our Perfect Turkey Gravy recipe.

PHOTOS: KELSEY HANSEN; RECIPES BY: COLLEEN WEEDEN

foil; let stand 15 to 20 minutes. Transfer turkey to a cutting board and carve. Serves 12.

PER SERVING *529 cal, 27 g fat (5 g sat fat), 234 mg chol, 408 mg sodium, 67 g pro*

Mashed Potatoes with Roasted-Garlic Mascarpone

HANDS ON 15 min.
TOTAL TIME 40 min.

1 medium garlic bulb
3 lb. Yukon gold or red potatoes, peeled, if desired, and cut into 2-inch pieces
¼ cup butter
½ cup mascarpone cheese
¼ to ½ cup milk, heavy cream, or half-and-half
Melted butter or olive oil and cracked black pepper (optional)
Frizzled Sage (optional)

1. Preheat oven to 425°F. Cut ½ inch off top of garlic bulb to expose ends of cloves. Leaving bulb whole, remove any loose, papery outer layers. Place bulb, cut side up, in a small ramekin or custard cup. Lightly drizzle with *olive oil* and sprinkle with *salt.* Cover ramekin with foil. Roast 25 to 35 minutes. Once cool enough to handle, squeeze bottom of roasted bulb to release garlic cloves onto a cutting board; lightly sprinkle with additional salt. Use the side of a chef's knife to mash the garlic into a paste. (Garlic paste can be made ahead and chilled up to 3 days.)
2. Meanwhile, in a 4- to 6-qt. pot cook potatoes, covered, in enough lightly salted boiling water to cover until tender, 20 to 25 minutes; drain. Return hot potatoes to hot pot.
3. In a small saucepan heat butter over medium until it starts to brown, 7 minutes. Remove from heat. Stir in mascarpone cheese and garlic paste until cheese is melted. Add mascarpone mixture to potatoes in pot. Let stand, uncovered, 2 minutes. In another small saucepan, heat milk over low until very warm.
4. Mash potatoes with a potato masher or beat with a mixer on low just until light and fluffy.* Stir in ¼ cup of the warm milk, 1 tsp. salt, and ½ tsp. *ground black pepper.* Gradually stir in additional warm milk if needed to make potatoes desired creaminess. If you like, serve topped with melted butter, cracked black pepper, and Frizzled Sage. Serves 10.

***TIP** If you leave peels on the potatoes, use a potato masher rather than a mixer to mash.

PER SERVING *267 cal, 18 g fat (10 g sat fat), 49 mg chol, 422 mg sodium, 23 g carb, 4 g fiber, 2 g sugars, 4 g pro*

FRIZZLED SAGE Pour enough vegetable oil into a small saucepan to cover bottom of the pan; heat over medium. Add fresh dry sage leaves, a few at a time. Cook until lightly browned and starting to crisp, 2 minutes.

Kale & Roasted Beet Salad with Hot Honey Vinaigrette

Cut prep time and mess with steamed and peeled beets (such as Melissa's or Trader Joe's brands) from the produce aisle. Make sure they're not pickled or marinated.

HANDS ON 20 min.
TOTAL TIME 1 hr.

¼ cup red wine vinegar
2 to 3 Tbsp. hot honey
1 Tbsp. finely chopped red onion or shallot
1 tsp. minced garlic (2 medium cloves)
1 tsp. Dijon mustard
Pinch crushed red pepper (optional)
4 cups torn Swiss chard
4 cups torn lacinato (Tuscan) kale
1 lb. (3 to 4) medium red or golden beets, roasted and cut into wedges*

KALE & ROASTED BEET SALAD WITH HOT HONEY VINAIGRETTE

1 medium green apple, thinly sliced
½ cup mixed nuts, coarsely chopped

1. For vinaigrette, in a screw-top jar combine ½ cup *olive oil,* the vinegar, hot honey, onion, garlic, mustard, crushed red pepper (if using), ½ tsp. *salt,* and ¼ tsp. *ground black pepper.* Cover; shake well. (Dressing can be made ahead and chilled up to 3 days.)
2. In a salad bowl or on a serving platter, arrange Swiss chard, kale, beets, and apple. Top with nuts and drizzle with vinaigrette. Serves 8.

***TIP** Preheat oven to 375°F. Trim tops and bottoms from beets. Wrap beets in foil and place in a shallow roasting pan. Roast until tender, 45 to 60 minutes. Let cool until easy to handle. Peel and cut into wedges. (Beets can be wrapped in foil and stored in the refrigerator up to 1 day.)

PER SERVING *236 cal, 19 g fat (3 g sat fat), 300 mg sodium, 14 g carb, 3 g fiber, 10 g sugars, 3 g pro*

Stuffing Bread Pudding with Gruyère & Herbs

Spread cubes of Italian, sourdough, sandwich, country, or whatever bread you have on hand on 15x10-inch baking pans. Let stand, loosely covered, at room temperature 8 to 12 hours.

HANDS ON 25 min.
TOTAL TIME 3 hr. 45 min.

¼ cup butter
1 cup coarsely chopped celery
½ cup coarsely chopped onion
½ cup coarsely chopped carrot
2 Tbsp. chopped fresh herbs, such as parsley, sage, thyme, and/or rosemary, plus more for garnish
½ tsp. poultry seasoning
2 cups heavy cream
4 eggs
8 cups dried bread cubes (1- to 1½-inch cubes)
1 cup shredded Gruyère cheese (4 oz.)
½ cup grated Parmesan cheese
Shaved Gruyère or Parmesan cheese (optional)

1. Preheat oven to 350°F. In a 10-inch skillet melt butter over medium. Add celery, onion, and carrot; cook, stirring occasionally, until tender, 7 to 10 minutes. Remove from heat; stir in fresh herbs, poultry seasoning, ½ tsp. *salt,* and ¼ tsp. *ground black pepper.*
2. Grease a 2-qt. baking dish. In a very large bowl whisk

together heavy cream and eggs. Add celery mixture, bread cubes, shredded Gruyère, and grated Parmesan; toss to combine. Spread mixture in prepared dish. Cover and chill at least 2 hours or up to 12 hours.

3. Let stand at room temperature 20 minutes before baking. Bake, uncovered, until set (160°F) and a knife inserted into the center comes out clean, 45 minutes. Let stand 15 minutes before serving. If you like, garnish with shaved Gruyère and additional fresh herbs. Serves 12.

PER SERVING *325 cal, 25 g fat (14 g sat fat), 131 mg chol, 434 mg sodium, 16 g carb, 3 g sugars, 10 g pro*

Roasted Sweet Potato Halves with Maple Meringue

Because the meringue is flavored with maple syrup, the mixture should hold its shape after whipping to soft peaks but will still be on the softer side. You can store the meringue in a piping bag up to 6 hours before topping the pre-roasted sweet potato halves.

HANDS ON 15 min.
TOTAL TIME 50 min.

1 cup sugar
½ cup cold maple syrup
¼ cup cold pasteurized liquid egg whites
¼ tsp. cream of tartar
5 10- to 12-oz. sweet potatoes, scrubbed and halved lengthwise

1. For maple meringue, in a large chilled bowl combine sugar, maple syrup, liquid egg whites, cream of tartar, and a pinch *salt.* Beat with a mixer on medium-high until mixture is glossy and forms soft peaks (tips curl), 13 to 15 minutes. Spoon meringue into a piping bag fitted with a large star or round tip.

2. Meanwhile, preheat oven to 450°F. Brush two 15x10-inch baking pans with *vegetable oil.* Sprinkle cut sides of sweet potatoes with ½ tsp. salt and ½ tsp. *ground black pepper.* Place potatoes, cut sides down, in the prepared baking pans. Roast 15 minutes; turn potatoes over. Roast until potatoes are tender and browned, 15 to 20 minutes more. (Potatoes can be made ahead, cooled, and chilled in an airtight container up to 2 days. When ready to serve, rewarm roasted potatoes in a 450°F oven 10 minutes.)

3. Pipe meringue over warm roasted potatoes. Bake until meringue is lightly toasted, 5 to 6 minutes. Serves 10.

PER SERVING *269 cal, 3 g fat, 221 mg sodium, 60 g carb, 4 g fiber, 36 g sugars, 3 g pro*

ROASTED SWEET POTATO HALVES WITH MAPLE MERINGUE

Pumpkin Pie with Dulce Swirl

One crust recipe, three filling options. No matter your pick, a dulce de leche whipped cream (and/or a swipe of dulce de leche) is the finishing move. Microwave dulce de leche 10 to 20 seconds so it's easy to swipe or drizzle.

HANDS ON 20 min.
TOTAL TIME 1 hr. 30 min.

Biscoff Crust
1 15-oz. can pumpkin
¾ cup packed brown sugar
2 tsp. pumpkin pie spice
1 12-oz. can evaporated milk
2 eggs, lightly beaten
1 cup heavy cream
¼ cup dulce de leche, plus more for garnish

1. Prep and bake Biscoff Crust as directed. Leave oven at 375°F.

2. In a large bowl combine pumpkin, brown sugar, pumpkin pie spice, and ½ tsp. *salt.* Stir in evaporated milk and eggs. Pour into baked cookie crust.

3. Bake until a knife inserted near center of pie comes out clean, 50 to 55 minutes. To prevent overbrowning, cover edge of pie with foil after 30 minutes. Cool on a wire rack at least 1 hour. Serve warm or cover and chill up to 24 hours. (If you like, reheat chilled pie 15 minutes in a 350°F oven.)

4. Before serving, in a large bowl combine cream and dulce de leche. Beat with a mixer on medium until soft peaks form (tips curl). Spoon over pie slices. If you like, drizzle with additional dulce de leche. Serves 8.

BISCOFF CRUST Preheat oven to 375°F. In the bowl of a food processor combine one 8.8-oz. pkg. speculoos cookies (such as Biscoff), 6 Tbsp. melted butter, and 2 Tbsp. granulated sugar. Pulse until mixture is uniform and holds together when pinched. Transfer cookie mixture to a 9-inch deep dish pie plate; press onto bottom and sides of pie plate. Bake 10 minutes. Cool completely on a wire rack. (Crust can be made ahead and stored up to 1 day.)

PER SERVING *544 cal, 29 g fat (16 g sat fat), 115 mg chol, 435 mg sodium, 65 g carb, 1 g fiber, 51 g sugars, 9 g pro*

French Silk Pie with Dulce Swirl

HANDS ON 20 min.
TOTAL TIME 4 hr. 50 min.

Biscoff Crust *(below left)*
2 cups plus 3 Tbsp. heavy cream
1 cup semisweet chocolate chips
⅓ cup butter
⅓ cup sugar
2 egg yolks
¼ cup dulce de leche, plus more for garnish
Chocolate shavings (optional)

1. Prep and bake Biscoff Crust as directed.

2. Meanwhile, in a 2-qt. heavy saucepan combine 1 cup of the cream, the chocolate chips, butter, and sugar. Heat, stirring frequently, over low until chocolate is melted, 5 minutes. Remove from heat. In a medium bowl lightly beat egg yolks. Gradually stir about half of the hot chocolate mixture into egg yolks. Return egg yolk mixture to saucepan.

3. Fill a large heatproof bowl with ice water. Cook and stir chocolate mixture over medium until mixture is slightly thickened and starts to bubble, 5 minutes. Remove from heat. Stir in the 3 Tbsp. cream. Place saucepan in the bowl of ice water. Stir chocolate mixture occasionally until it stiffens and becomes hard to stir, 20 minutes.

4. Transfer cooled chocolate mixture to a medium bowl. Beat with a mixer on medium until

PHOTOS: (SWEET POTATOES, PIE) KELSEY HANSEN, (THAI TEA MIX) FCAFOTODIGITAL/ISTOCK BY GETTY IMAGES

FRENCH SILK PIE WITH DULCE SWIRL

light and fluffy, 2 to 3 minutes. Spread in baked crust. Cover and chill at least 4 hours or up to 24 hours.

5. Before serving, in a large bowl combine the remaining 1 cup cream and the dulce de leche. Beat with a mixer on medium until soft peaks form. Spoon over pie slices. If you like, drizzle with additional dulce de leche and top with chocolate shavings. Serves 8.

PER SERVING *721 cal, 54 g fat (33 g sat fat), 167 mg chol, 293 mg sodium, 58 g carb, 1 g fiber, 45 g sugars, 6 g pro*

Apple Pie with Dulce Swirl

HANDS ON 25 min.
TOTAL TIME 1 hr. 45 min.

Biscoff Crust *(opposite)*
3½ lb. apples, peeled and thinly sliced (14 cups)
½ cup granulated sugar
½ cup packed brown sugar
1 tsp. ground cinnamon
½ tsp. ground cardamom
½ tsp. ground nutmeg
¼ cup butter
2 Tbsp. cornstarch
1 cup heavy cream
¼ cup dulce de leche, plus more for garnish

1. Prep and bake Biscoff Crust as directed.

2. Meanwhile, in a large bowl combine apples, granulated sugar, brown sugar, cinnamon, cardamom, nutmeg, and ¼ tsp. *salt.*

3. In a 5- to 6-qt. pot heat butter over medium-low until melted. Cook, stirring occasionally, until butter turns golden brown and smells nutty, 2 minutes. Add apple mixture. Increase heat to medium; cook, stirring occasionally, until apples just begin to soften, 9 minutes.

4. In a small bowl stir together cornstarch and 2 Tbsp. *water;* add to apple mixture. Increase heat to medium-high; cook and stir until mixture thickens and bubbles, 2 minutes more.

5. Spread apple mixture in a 15x10-inch baking pan. Let cool to room temperature, 30 minutes. Spoon apple mixture into baked crust. Let stand at least 30 minutes or cover and chill up to 24 hours.

6. Before serving, in a large bowl combine cream and dulce de leche. Beat with a mixer on medium until soft peaks form. Spoon over wedges of pie. If you like, drizzle with additional dulce de leche. Serves 8.

PER SERVING *640 cal, 32 g fat (20 g sat fat), 76 mg chol, 341 mg sodium, 88 g carb, 3 g fiber, 69 g sugars, 4 g pro*

● FRENCH TOAST
THREE WAYS
pages 28–31

Thai Tea French Toast

Avoid using bread with large air holes. If you're using soft, fresh bread, arrange slices in a single layer on a wire rack; cover loosely and let dry out overnight.

HANDS ON 30 min.
TOTAL TIME 40 min.

2 cups hot water
8 0.7-oz. packets instant Thai tea mix
5 eggs
⅔ cup half-and-half
1½ Tbsp. vanilla
½ tsp. ground cinnamon
12 1-inch-thick slices white bread, such as milk bread, Italian bread, Texas toast, or brioche
Unsalted butter, plus more for serving
Sweetened condensed milk

1. Preheat oven to 300°F. In a medium bowl whisk together hot water and instant tea mix until dissolved, 1 minute.

2. In a large shallow dish whisk eggs until well combined. Whisk in warm tea mixture, half-and-half, vanilla, cinnamon, and ½ tsp. *kosher salt.*

3. Heat a large griddle or nonstick skillet over medium-high. Working with two slices of bread at a time, dunk bread into egg mixture until bread is just soaked through, 30 seconds per side.

4. Grease the hot griddle with butter. Cook soaked bread slices until golden brown, 2 to 3 minutes per side. Transfer bread slices to a wire rack set over a large baking sheet. Repeat with remaining egg mixture and bread, adjusting heat as needed to prevent any overbrowning.

5. Bake until custard is set in centers of slices, 10 minutes. Serve with additional butter and drizzle with sweetened condensed milk. Serves 6.

PER SERVING *508 cal, 23 g fat (14 g sat fat), 191 mg chol, 585 mg sodium, 60 g carb, 1 g fiber, 25 g sugars, 14 g pro*

Thai Tea MIX

Instant Thai tea is a combo of black tea, milk powder, and warming spices (cardamom, cinnamon, star anise, etc.). In testing, we liked the flavor of Ranong Instant Thai Tea sachets.

Chocolate French Toast Casserole

HANDS ON 10 min.
TOTAL TIME 1 hr. 20 min.

1 16-oz. loaf challah, cut into 1-inch cubes (about 12 cups)
4 oz. coarsely chopped bittersweet chocolate (1 cup)
3 cups half-and-half
6 eggs
¾ cup packed light brown sugar
6 Tbsp. unsalted butter, melted
1 Tbsp. vanilla
1 tsp. orange zest (from 1 small orange)
½ tsp. ground cinnamon
Powdered sugar and fresh berries (optional)

1. Preheat oven to 375°F. Coat a 3-qt. rectangular baking dish with *nonstick cooking spray.* Spread challah in prepared dish. Sprinkle with chocolate.

2. In a large bowl whisk together half-and-half, eggs, brown sugar, melted butter, vanilla, orange zest, cinnamon, and ¼ tsp. *kosher salt* until combined; pour egg mixture over challah.

CHOCOLATE FRENCH TOAST CASSEROLE

3. Coat a sheet of foil with cooking spray; cover dish. Let stand at room temperature until bread absorbs liquid, 20 to 30 minutes. (Casserole can be made ahead and chilled up to 8 hours. Let stand at room temperature 30 minutes before baking.)

4. Bake, covered, 25 minutes. Remove foil; bake until golden brown and set, 15 to 20 minutes more. Let stand 10 minutes before serving. Sift powdered sugar over top and serve with berries if you like. Serves 8.

PER SERVING *561 cal, 30 g fat (16 g sat fat), 223 mg chol, 366 mg sodium, 62 g carb, 3 g fiber, 32 g sugars, 14 g pro*

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"Swicy" Ham & Pineapple French Toast Sliders

We like the subtle sweetness of Hawaiian rolls, but you can use brioche or another soft roll.

HANDS ON 15 min.
TOTAL TIME 1 hr.

1 12-oz. pkg. Hawaiian rolls
1 cup half-and-half
3 eggs
2 Tbsp. reduced-sodium soy sauce
1 tsp. sriracha sauce, plus more for serving
2 cups shredded Swiss cheese (8 oz.)
4 oz. sliced deli ham
1 8-oz. can pineapple slices, drained, patted dry, and cut into thirds
Thinly sliced green onions

1. Preheat oven to 350°F. Line a 15x10-inch baking pan with parchment paper.

2. Use a serrated knife to split slab of rolls horizontally. (Do not separate rolls.) Place both halves, cut side up, in prepared baking pan. Bake until lightly toasted, 8 minutes.

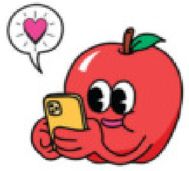
3. In a 3-qt. rectangular baking dish whisk together half-and-half, eggs, soy sauce, and sriracha sauce.

4. Place bottom half of rolls, cut side down, in egg mixture; let soak 1 minute, flipping once. Return to baking pan, cut side up. Top evenly with 1 cup of the cheese, the ham, and pineapple. Sprinkle with ½ cup of the cheese. Place top half of rolls, cut side down, in egg mixture; let soak 1 minute, flipping once. Place, cut side down, on top of assembled sandwiches.

5. Coat a sheet of foil with *nonstick cooking spray* and cover rolls with foil. Bake 30 minutes. Remove foil; sprinkle top of rolls with remaining ½ cup cheese. Bake, uncovered, until cheese is melted and bread is toasted, 6 minutes more.

6. Drizzle rolls with additional sriracha sauce and sprinkle with green onions. Cut between rolls with a serrated knife to separate sandwiches. Serves 6.

PER SERVING *423 cal, 23 g fat (11 g sat fat), 160 mg chol, 808 mg sodium, 34 g carb, 1 g fiber, 10 g sugars, 24 g pro*



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● **ROASTY & TOASTY**
pages 50–52

Onion, Bacon & Blue Cheese Dip

HANDS ON 10 min.
TOTAL TIME 40 min.

1 small red onion, cut into 1-inch wedges
4 slices peppered bacon, chopped
¼ cup heavy cream
1 cup shredded Gruyère cheese (4 oz.)
1 cup crumbled blue cheese (4 oz.)
1 tsp. cayenne pepper sauce, such as Frank's RedHot
½ tsp. chopped fresh thyme
Apple or pear wedges, bread, and/or crackers

1. Preheat oven to 400°F. Place onion wedges and bacon in a 10-inch cast-iron skillet. Roast, stirring occasionally, until bacon is crisp and onion is tender and lightly browned, 25 to 30 minutes. Drain off fat.

2. Stir in cream, Gruyère, blue cheese, hot sauce, and thyme. Roast until cheese melts, 5 minutes more. If you like, sprinkle with additional fresh thyme. Serve warm with apple or pear wedges, bread, and/or crackers. Serves 8.

PER SERVING *188 cal, 16 g fat (9 g sat fat), 43 mg chol, 392 mg sodium, 2 g carb, 1 g sugars, 10 g pro*

Oven-Roasted Brie S'mores

HANDS ON 15 min.
TOTAL TIME 25 min.

1 4.4-oz. pkg. Brie bites miniature cheeses (5)
⅓ cup jellied cranberry sauce
¼ cup red pepper jelly
2 tsp. chopped fresh sage
20 rich round crackers

PHOTOS: (FRENCH TOAST) CARSON DOWNING; (SNACK MIX) JASON DONNELLY

2 oz. sliced smoked turkey, torn into pieces

1. Preheat oven to 400°F. Cut Brie bites in half horizontally; arrange, cut sides up, in a pie plate.
2. In a small bowl whisk together cranberry sauce and red pepper jelly until nearly smooth; stir in sage. Spoon mixture over Brie. Roast until cheese is softened, 10 to 12 minutes.
3. Arrange half of the crackers on a serving plate. Top with Brie, turkey, and remaining crackers. Makes 10 s'mores.

PER S'MORE *103 cal, 5 g fat (2 g sat fat), 12 mg chol, 199 mg sodium, 12 g carb, 8 g sugars, 4 g pro*

Sweet & Spicy Roasted Nuts & Olives

HANDS ON 15 min.
TOTAL TIME 30 min.

⅔ cup pitted Kalamata olives, quartered lengthwise
3 Tbsp. honey
1 lb. assorted raw nuts (about 4 cups total)
2 Tbsp. sugar
2 tsp. paprika
½ tsp. ground cinnamon
½ tsp. cayenne pepper

1. Preheat oven to 350°F. Line a large shallow baking pan with parchment paper. Line a baking sheet with parchment paper.
2. Line a microwave-safe plate with two layers of paper towels. Arrange olives in an even layer on prepared plate. Microwave, stirring every 30 seconds, until olives look dry, 3 to 3½ minutes. Let stand at room temp 10 minutes. (Olives will crisp as they cool.)
3. Meanwhile, in a large bowl stir together honey, 2 Tbsp. *olive oil,* and ¼ tsp. *salt.* Add nuts; stir to coat. Transfer nuts to the prepared baking pan. Roast 5 minutes. Remove from oven and stir well. Return to oven; continue roasting, stirring once, until nuts are golden brown, 8 to 10 minutes.
4. Meanwhile, in a small bowl stir together sugar, paprika, cinnamon, cayenne, and ¾ tsp. salt.

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5. Working quickly, remove nuts from oven; transfer to the prepared baking sheet, leaving excess honey mixture in the pan. Sprinkle nuts with dried olives and spice mixture; toss until thoroughly coated. Spread mixture in a single layer; let cool completely. (Store in an airtight container at room temperature up to 2 days or freeze up to 3 months.) Makes 4 cups.

PER ¼ CUP *223 cal, 19 g fat (2 g sat fat), 269 mg sodium, 13 g carb, 2 g fiber, 7 g sugars, 5 g pro* ■

SWEET & SPICY ROASTED NUTS & OLIVES

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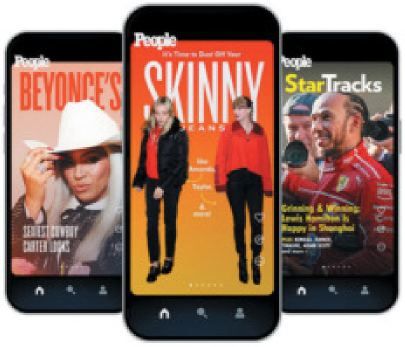

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Setting Up a HEALING SPACE When You're Sick

There's no sugarcoating it: Being sick can be miserable. You feel lousy, you have FOMO, and you're so tired, but you just can't settle down and sleep—even though that's exactly what your body needs. This is the time to focus on self-care, and setting up a recovery space that promotes rest and healing is a good place to start. For a well-appointed recovery room, we tapped Jamie Gold, Mayo Clinic certified wellness coach and author of *Wellness by Design,* for a checklist of considerations and amenities.

Start with a Mindset Shift

"You want to make your recovery space cozy, comfortable, and nurturing," Gold says. The goal is having your needs met without having to leave the room while you're sick. "This isn't an isolation prison cell," Gold says, but rather a way to cut down on you having to get up and move around the house.

Also, Gold encourages shifting your mindset about your downtime. Think of the time you spend in your healing space not as a quarantine but as your very own self-care zone or mini spa retreat, she says. Even though you're not at 100 percent, you're taking care of yourself and giving your body the time it needs to restore and rejuvenate. "It's not as a punishment because you're germy," Gold says.

Don't worry: We're not talking about a huge redecorating project but rather easy little tweaks that will help your body get the rest and reset it needs. Gold's suggestions for how to set up your recovery space align around three categories: what to do for your body, your mind, and the other people in your home. Get ready to feel better.

by AMY PANOS *illustrations* KAILEY WHITMAN

UNDO YOUR FLU SYMPTOMS

NEW!

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FLU
VICKS
VICKS
DayQuil™
INTENSE FLU
MULTI-SYMPTOM
Acetaminophen -
Pain reliever/Fever reducer,
Dextromethorphan HBr - Cough suppressant
6 HR
BODY ACHES
FEVER
HEADACHE
SORE THROAT
COUGH
Daytime Relief
Alcohol 10%
21368990
12 FL OZ (354 mL)

THE
DAYTIME,
COUGHING,
SORE THROAT,
ACHING,
ACHING,
ACHING,
FEVER,

UNDO
YOUR FLU,
MEDICINE.

USE AS DIRECTED. KEEP OUT OF REACH OF CHILDREN.

What to Do for Your Body

When you're sick, you need to treat sleep like it's your job. Do everything you can to make your room conducive to sleeping deeply and resting comfortably—no matter the time of day.

Make the Bed as Cozy as Possible

Rather than using a large, heavy blanket, Gold suggests layering multiple lighter blankets or throws that can be put on or tossed off with fluctuating body temperatures. She recommends organic cotton-wool bedding and throws.

Another option for an extra layer of comfort during all those hours spent in bed: a mattress topper. They come in many styles and materials (memory foam, down, and down alternative, to name a few). They sit on top of the mattress and are held in place either with a generous mattress pad or straps that go around the corners of the mattress. The right topper can help customize your mattress to the firmness and temperature you prefer, so you can have more restful sleep when you need it most.

Darken the Room

You'll likely need to sleep during the day, so curtains or blinds that keep the room dark are key. If you don't have blackout window treatments handy, use painters tape to attach a dark, opaque paper or fabric to the wall around the window frame. You won't win any interior design awards, but at least you'll temporarily block some of the daylight that's likely to disturb your sleep.

Get the Air Right

Create the climate that feels best. That might mean a portable space heater or a fan. A humidifier can help alleviate a stuffy nose or soothe a dry throat. Keep safety in mind when using a heater or a humidifier. Always plug these two directly into the wall rather than an extension cord or power strip since they use a lot of power and are more at risk of causing the power strip to overheat. Don't forget to clean and disinfect the humidifier regularly.

Gold also advises running an air purifier in your bedroom. It can help rid the air of dust and other airborne particles that can make chest or sinus congestion feel worse. This is especially true in rooms with wall-to-wall carpeting or heavy window treatments since both can trap dust and other debris.

What to Do for Your Mind

An important facet of wellness design is comfort and joy, Gold says. That means surrounding yourself with things you enjoy and that make you feel connected to your friends and family. Besides family photos and a bedside flower bouquet, here are more ways to get the feel-good vibes going.

Bring in Plants

We're naturally wired to enjoy and appreciate nature, a phenomenon called biophilia. Translated to a healing room, it means bringing in houseplants or fresh flowers (as long as the patient isn't allergic). Gold cites studies in which hospital patients who were able to see a nature scene outside their window healed faster and with less pain medication than those who did not have access to that kind of view.

Tidy Up

Make it easy to keep the immediate area as clutter-free as possible. Bring in a small wastebasket for tissues and medication wrappers. Clear away used dishes and glasses promptly or at least set them out of sight. Corral books and magazines in a basket.

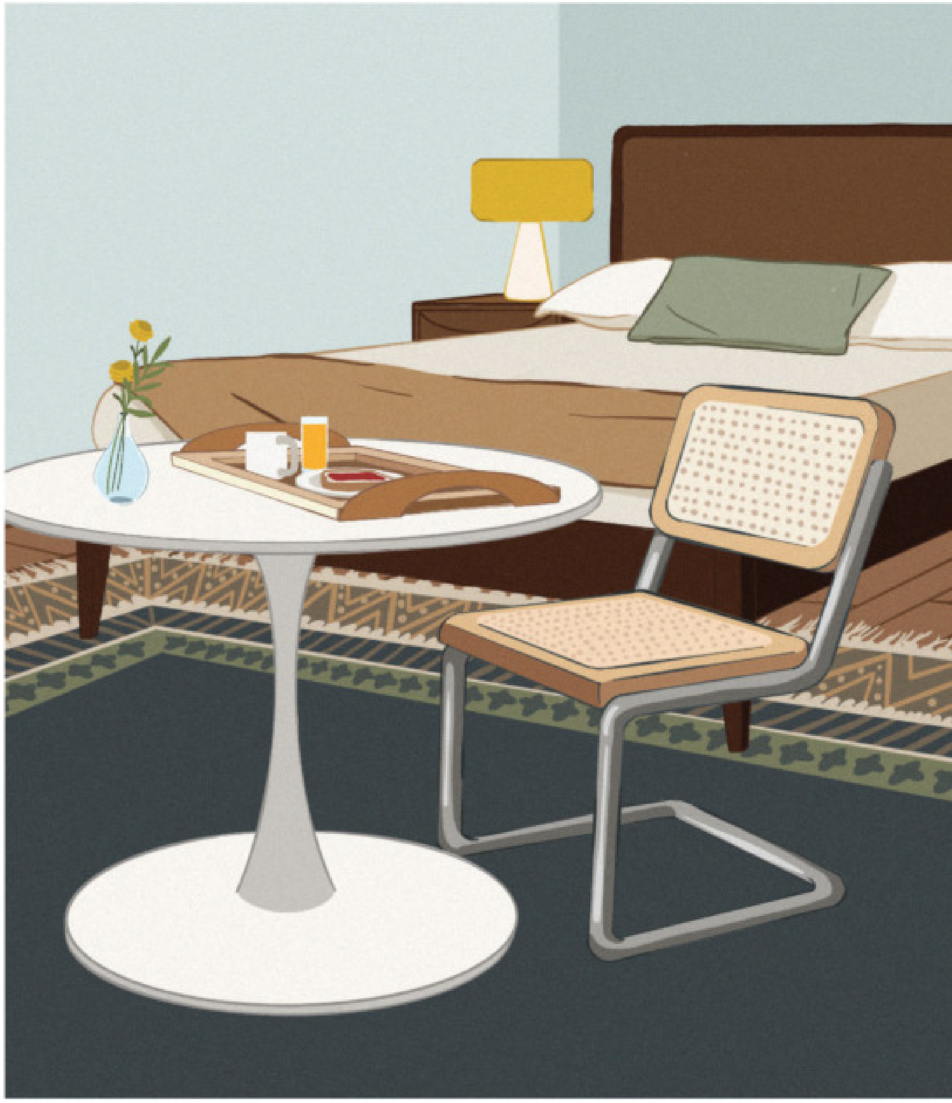
It's important to address mental clutter too. Being out of commission can make anyone stress about what they're missing out on—personally and at work—and this can make it difficult to rest. Keep a journal by your bed so you can write down the things you're worried about or need to remember to deal with once you feel up to it. You can also send an e-mail to yourself or write a note on your phone to help capture and put aside those concerns.

How to DISINFECT AFTER AN ILLNESS

DO THESE ROOMS FIRST
A whole-house cleaning may not be necessary, says Mary Gagliardi, also known as Dr. Laundry, a cleaning expert at The Clorox Company. "Focus on the bathroom and kitchen and shared surfaces in the bedroom," Gagliardi advises. Also be sure to wash all bedding with laundry sanitizer.

CONCENTRATE ON SURFACES
Prime germy spots include countertops, refrigerator handles, faucets, cabinet hardware, and commonly touched items such as TV remotes and door handles. In fact, the flu virus can live on these surfaces for up to 48 hours, says Joe Rubino, a microbiologist and research and development director at Lysol.

WHAT TO USE
To disinfect the bathroom, bleach does the trick. Gagliardi suggests using ⅓ cup bleach mixed with 1 gallon water to wipe down all toilet surfaces, sinks, counters, and faucets. Leave the solution on surfaces for 6 minutes, then rinse with water. Disinfecting wipes are a good option too. "These are great for disinfecting surfaces that aren't safe for bleach or are just more difficult to clean," Gagliardi says. "Make sure surfaces stay wet after wiping for 15 seconds to kill influenza germs."
—Jessica Bennett



What to Do for the Other People in Your Home

Try to anticipate every need you might have while sick so you don't have to venture into the rest of the house and share your germs.

Pick One Bathroom

Designate a bathroom nearest your room to use, and, if possible, keep the rest of the household out. Remember that you'll likely be touching light switches and door handles even after you've washed your hands, and viruses can live on nonporous surfaces for up to 48 hours. So either keep everybody else out of that space or remember to disinfect high-touch surfaces regularly.

Eat in Your Room

Eating meals in isolation for a few days might sound a little sad, but think of it as a luxury—breakfast (and lunch and dinner) in bed! This helps keep germs contained. Rather than balancing a tray in bed, Gold suggests placing a small table and chair where you can eat comfortably. It could be as simple as a portable folding table that gets disinfected and tucked in the back of a closet when the illness has passed. If that's not possible, consider a bed tray on a rolling stand for more stability.

Consider Automation

You won't necessarily be able to implement these ideas while you're sick, but keep them in mind for the future.

● *Motion-activated light switches and touchless faucets* can cut down on the spread of germs in high-traffic spots like the bathroom.

● *Hands-free door openers* can reduce the frequency of touching common surfaces. Some models mount at the bottom of the door so you can open the door with your foot. For others, you hook your wrist into the open-top handle and pull. These are all small, easy investments that can help reduce the spread of germs around the house. ■

In the Know

News and notes to boost your well-being

Studies show that replacing saturated fat with polyunsaturated fat—abundant in seed oils—is heart-healthy.

What's the deal with... *seed oils?*

The seed oil debate is part science, part internet wellness trend. Some health influencers claim the omega-6 fatty acids in these oils—made from seeds of plants such as canola, sesame, or soybean—trigger inflammation. But they're lower in saturated fat than butter or coconut oil and have healthy omega-3 and polyunsaturated fats.

Also, a new study finds that higher blood markers of linoleic acid—the main omega-6 in seed oils—is tied to lower inflammation and other heart disease risk factors.

Bottom line: It's about balance. Health experts, such as the American Heart Association, say that seed oils can be part of a healthy diet in moderation.

74

That's the percentage of UVA rays that can penetrate through glass.

The majority of harmful UVA rays can break through glass and cloud cover, so it's smart to wear sunscreen daily even if it's cloudy outside or you're spending a lot of time indoors.

5

That's how many cups of fruits and vegetables you should eat throughout the day to sleep more soundly.

Scientists tracked people's eating and sleeping habits and found they had more uninterrupted sleep on the days they ate that amount or more of produce. Fruits contain nutrients and complex carbs, which help your body produce the sleep-inducing hormone melatonin, experts say. Fruits and veggies are also high in fiber, which has been tied to better sleep.

71

percent of travelers say they avoid checking bags because of the fees.

With the cost of checking bags at $35 to $100 each way, it's no wonder. First, check with your airline about luggage weight and size limits to choose the right suitcase. A few tips to lighten your load:

- Write out a packing list. This will help you pare down.
- Roll your clothes instead of folding them; you'll fit more in.
- Wear bulky items (boots, jackets) on the flight.

National Check Your Wipers Day is 11/16.

One in five car accidents happen due to inclement weather, and wipers are key to safe driving when conditions are bad. Take a moment to check for damage or fraying, then spray fluid and see how the wipers clean the windshield. They should wipe the fluid away cleanly and quietly. Any unusual noises or smudging? It's time to get new ones.

1 IN 4 AMERICANS WITH TYPE 2 DIABETES DON'T REALIZE THEY HAVE THE DISEASE.

November is Diabetes Awareness Month. Getting your blood sugar levels tested at your annual checkup is the best way to catch the disease since there aren't any obvious symptoms. One survey found that about 40 percent of adults skip their yearly physical, so make sure you schedule yours now.

BY: SHARON LIAO; PHOTOS: (OILS) JEFFREY COOLIDGE/STONE BY GETTY IMAGES, (SUITCASES) MONTICELLO/ISTOCK BY GETTY IMAGES

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> “The point of throwing a party is to invite people into your world. Even a holiday like Thanksgiving should feel natural to who you are, not perfect.”
>
> —DAN PELOSI

Dan serves salads and pastas in the Rim Serving Bowls, $219 each; heath ceramics.com.

Dan Pelosi

On the release of his new entertaining book, the cook best known as Grossy Pelosi shares his Thanksgiving strategies and menu—and why he's skipping the turkey this year.

If you follow cookbook author Dan Pelosi's joyful, food-filled Instagram account, @grossypelosi, it will come as no surprise that he loves to throw a party. “Gathering friends and family around food is pretty much all I do,” he says. Now he's sharing his best menus and hosting tips in his second cookbook, *Let's Party.* We talked to him about how he brings ease and cheer to the biggest meal of the year.

ON THE MENU

As the host of his family's Thanksgiving feast, held in his Upstate New York home (3), Dan came up with a menu that's big on both traditional flavors and surprises. It includes a spicy cranberry relish, a carrot-and-onion galette, and two roast chickens (2) instead of turkey. “Chicken is just more manageable and more delicious.”

PREP WORK

Having as much as possible chopped, stored, and labeled before the holiday reduces hosting anxiety, Dan says. “I'm such a Thanksgiving nerd, I take four days off work to prep.” His big money-in-the-bank dish: A hearty lasagna for vegetarians, which he assembles ahead of time so it can go right in the oven the day of.

COOKING STAPLES

For both Thanksgiving and everyday cooking, Dan has a few essentials: Cento red wine vinegar (1) for brightening everything from cranberry sauce to gravy, rigatoni (5) (served with a pumpkin sauce in fall), and anchovies “for adding a deep base layer of flavor.” He also loves his Smiley Face Wooden Spatula (4) ($32; *littleking.online*)—“He's extremely functional but also a reminder that cooking should be fun.” ■

by MIRANDA CROWELL

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